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ABSTRACT

This guide, produced by the Division for Girls and Women's Sports (DGWS), is a collection of rules, guidelines, and essays by various authors on the subject of women's softball. The document is divided into four sections. The first section is on the DGWS and contains statements of beliefs and standards and membership listings for various councils and committees. Section 2 is devoted to the articles. Among the topics covered in this section are softball audiovisual aids, softball pitching tests, batting analysis, formative evaluation measures, and instructional methods for different softball skills. There is also an annotated softball bibliography. Section 3 is on the Officiating Services Area, which is an area in the DGWS structure devoted to the training and rating of officials. This section includes standards, committee memberships, information sources, and instructions on how to form a board of officials. Section 4 is devoted to the official rules of softball. (JA)

Softball

GUIDE

JANUARY 1974 – JANUARY 1976

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Softball GUIDE

JANUARY 1974 – JANUARY 1976

With Official Rules

Editor
Dorothy Dobie

THE DIVISION FOR GIRLS AND WOMEN'S SPORTS
American Association for Health, Physical Education, and Recreation

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DIVISION FOR GIRLS AND WOMEN'S SPORTS

The Division for Girls and Women's Sports is a nonprofit educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of eight divisions of the American Association for Health, Physical Education and Recreation. Active members of the Division are women members of the American Association for Health, Physical Education, and Recreation who are interested in sports for girls and women and who participate in the work of the Division. These women are professional leaders in schools, colleges, community centers, industrial plants, military services, public and private clubs, and agencies.

The purpose of the Division for Girls and Women's Sports is to foster the development of sports programs for the enrichment of the life of the participant.

The Division for Girls and Women's Sports attempts to promote desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating of officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, whose name and address appear on page 16.

Name ______________________________
Professional Address ______________________________
City ______________ State ____________ Zip Code __________

1. Check the Sport Committee(s) which would be of interest to you:

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2. Would you like to serve as a member of a Sports Guide Committee of your interest?* ______Yes ______No
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*You may serve on only one Sport Guide Committee at a time.

DGWS STATEMENT OF BELIEFS

We believe that opportunities for instruction and participation in sports should be included in the educational experiences of every girl. Sports are an integral part of the culture in which we live. Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

We believe that sports opportunities at all levels of skill should be available to girls and women who wish to take advantage of these experiences. Competition and cooperation may be demonstrated in all sports programs although the type and intensity of the competition will vary with the degree or level of skill of the participants. An understanding of the relationship between competition and cooperation and of how to utilize both within the accepted framework of our society is one of the desirable outcomes of sports participation.

We believe in the importance of physical activity in the maintenance of the general health of the participant.

We believe that participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relations.

For these reasons, *we believe* that girls and women of all ages should be provided with comprehensive school and community programs of sports and recreation. In addition, they should be strongly and actively encouraged to take part in such programs.

PROGRAM

We believe that sports programs for girls and women should be broad, varied, and planned for participants at differing levels of skill. There should be full awareness of the wide span of individual differences so that all types, ages, and skill levels are considered in the planning of sports programs. In conducting the various phases of sports programs, principles must guide action. These principles should be based on the latest and soundest knowledge regarding

1. Growth and development factors
2. Motor learning
3. Social and individual maturation and adjustment
4. The values of sports participation as recognized in our culture.

Elementary Schools (grades 1-6)

We believe in planned, comprehensive, and balanced programs of physical education for every girl in the elementary program. These should provide experiences in basic movements – for example, skipping and simple dance steps, bending, reaching, and climbing – and in a wide variety of activities which require basic sport skills such as catching, throwing, batting, and kicking.

We believe that intramural sports experiences in appropriately modified sports activities should supplement an instructional program for girls in grades 4, 5, and 6, and that in most cases these experiences will be sufficiently stimulating and competitive for the highly skilled girl. We believe extramural sports activities, if included in the upper elementary grades, should be limited to occasional play days (sports groups or teams composed of representatives from several schools or units), sports days, and invitational events.

Secondary Schools (grades 7-12)

We believe that in secondary schools a program of intramural and extramural participation should be arranged to augment a sound and comprehensive instructional program in physical education for all girls. Extramural programs should be organized to supplement broad instructional and intramural programs provided sufficient time, facilities, and personnel are available for these additional programs.

Colleges and Universities

We believe that college and university instructional programs should go beyond those activities usually included in the high school program. There should be opportunities to explore and develop skills in a variety of activities, with emphasis on individual sports. It is desirable that opportunities for extramural experiences beyond the intramural program be accessible to the highly skilled young women who wish these opportunities.

Forms of Competition

Intramural competition is sports competition in which all participants are identified with the same school, community center, club, organization, institution, or industry, or are residents of a designated small neighborhood or community.

Extramural competition is a plan of sports competition in which participants from two or more schools, community centers, clubs, organizations, institutions, industries, or neighborhoods compete. The forms of extramural competition include

1. Sports days – school or sports group participates as a unit
2. Telegraphic meets – results are compared by wire or mail
3. Invitational events – symposiums, games, or matches to which a school or sports group invites one or more teams or individuals to participate.
4. Interscholastic, intercollegiate, or interagency programs – groups which are trained and coached play a series of scheduled games

and/or tournaments with like teams from other schools, cities, or organizations.

International Competition involves players from different nations and provides sports experiences for individuals or groups with exceptional ability and emotional maturity. This type of competition under some conditions could include secondary school girls, but usually it is planned for more mature participants.

Corecreational activities are designed to give boys and girls opportunities to participate on the same team against a team of like composition, provided the activities do not involve body contact. The basis for formation of teams should be to promote good team play. While positive experiences for the exceptional girl competitor may occur through participation in boys or men's competitive groups, these instances are rare and should be judged acceptable only as an interim procedure for use until girls programs can be initiated.

ADMINISTRATION

We believe that certain *safeguards* should be provided to protect the health and well-being of participants. Adequate health and insurance protection should be secured by the institution. First aid services and emergency medical care should be available during all scheduled interscholastic sports events. Qualified professional leaders should ensure a proper period for conditioning of players, a safe environment including equipment and facilities, a schedule with a limited number of games, and similar measures.

We believe that sports *officiating* should be the responsibility of those who know and use DGWS approved rules. Officials should hold current ratings in those sports in which ratings are given.

We believe that the entire *financing* of girls and women's sports programs should be included in the total school budget. It is suggested that income be handled as a regular school income item.

We believe that the *scheduling* of sports activities for girls and women should be in accordance with their needs and that their schedule should not be required to conform to a league schedule established for boys and men's sports.

We believe that excellence of achievement should be given *recognition* and that the intrinsic values which accrue from the pursuit of excellence are of primary importance. We believe that, when awards are given, they should be inexpensive tokens of a symbolic type, such as ribbons, letters, and small pins.

We believe that expert teaching and quality programs generate their own best *public relations*. It is suggested that an effective plan be developed for interpreting the values of the sports program to parents, teachers in other fields, and interested members of the school or college community, including the press. A procedure which has proved successful is to invite key groups to a selection of demonstrations and sports events at different levels, so that they may see effective programs in action.

LEADERSHIP

We believe that good leadership is essential to the desirable conduct of the sports program. The qualified leader meets the standards set by the profession, including an understanding of (1) the place and purpose of sports in education, (2) the growth and development of children and youth, (3) the effects of exercise on the human organism, (4) first aid and accident prevention, (5) understanding of specific skills, and (6) sound teaching methods. Personal experience in organized extramural competition is desirable for the young woman planning to become a leader or teacher of women's sports. The leader should demonstrate personal integrity and a primary concern for the welfare of the participant.

POLICY-MAKING

And finally, we believe that all leaders, teachers, and coaches of girls and women's sports should be encouraged to take an active part in the policy decisions which affect planning, organizing, and conducting sports programs for girls and women. Leaders should make sure that qualified women are appointed to the governing sports bodies at all levels – local, state, national, and international – to ensure that programs are in the best interest of those who participate.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by–

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitations of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

The various services are offered by committees. All requests for information of services should be addressed to the chairman of the committee into whose field of work the inquiry falls. Inquiries which cannot be readily classified should be addressed to the DGWS vice-president.

ASSOCIATION FOR INTERCOLLEGIATE ATHLETICS FOR WOMEN–Sponsors national tournaments and establishes procedures for regional development and for sanctioning intercollegiate events.
President: CAROL GORDON, Washington State Univ., Pullman 99163 (1973-74)
President-elect: LEOTUS MORRISON, Madison College, Harrisonburg, Va. 22801

LIAISON–Maintains relationships with allied national sports organizations.
Chairman: NANCY CHAPMAN, Illinois State Univ., Normal 61761

NATIONAL INTRAMURAL SPORTS COUNCIL–A joint council of DGWS and DMA to provide leadership to initiate and to improve intramural programs at all educational levels.
Chairman: CAROLYN HEWATT, Univ. of Texas, Austin 78712

OFFICIATING SERVICES AREA–Tests and rates women officials; directs policies of local boards.
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A Cinematographic Analysis of The Fast Pitch in Softball

MARILYN M. HINSON

Marilyn Hinson is an associate professor at Texas Women's College, Denton. She received her B.S. degree from New Mexico Western University, Silver City, New Mexico; her M.S. from Indiana University, Bloomington, and her Ph.D. from the University of Minnesota, Minneapolis. She was the Midwest representative to DGWS Executive Council, and has played competitive softball for 25 years.

The literature regarding softball which is available to the coach or teacher is sparse. Even more difficult to locate is information pertaining to the technique of the fast pitch. For this reason it was decided to film, during an actual fast pitch tournament, those pitchers whose teams had reached the semi-final playoffs. The pitchers performed in a tournament comprised of 18 teams that was held in August 1970 in Irving, Texas.

A 16mm Bell and Howell HR 70 camera was used with a film speed of 60 frames per second and a shutter speed of 1/108 of a second. Tri-X black and white film was used with a 1.9 telephoto lens. The camera was placed 90 degrees to the plane of action of the pitcher for the side view and directly in front of the pitcher, but behind the backstop, for the front view. The positions of the umpire and the catcher required that the camera be elevated considerably in order to obtain an unobstructed front view of the pitcher. This permitted the intrusion of excessive parallax and therefore the data from this view are presented as tracings for the reader's visual observation. Velocities are calculated from the side view data only.

In order to calculate velocities an object of known length was required for scale at the pitcher's rubber. This was provided by pre-filming a yardstick held horizontally three feet above the rubber. Analysis of the film included tracings, stride measurements, ball velocities and total movement velocities. The results appear in the following table and illustrations.

Subject 1, using the orthodox windmill delivery, is 24 years old and is five feet eight inches in height. Subject 2, employing the "snap" delivery, is 29 years old and is five feet five inches in height. Subject 3, a lefthanded windmiller, is an extremely smooth pitcher who is 21 years old and is five feet nine inches tall. Subject 4, a 37 year old windmiller who is five feet four inches tall, is considered the most outstanding pitcher in the area because of her ability to throw various speeds and types of pitches. She is illustrated delivering the knuckle ball and the inside and outside curves. Subjects 1, 2 and 3 did not demonstrate variability either in speed or type of pitch and are illustrated as they perform their normal delivery.

Results

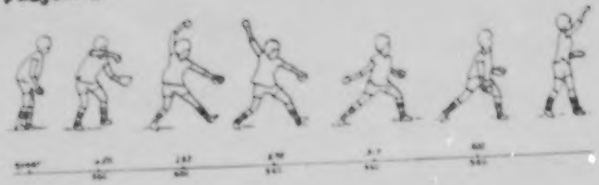
A comparison of the four pitchers shown in the illustrations indicates that the starting positions for all are similar and, even though Subject 4 employs a short rocker action, the windmillers are essentially alike during the beginning phases of the wind-up. Subject 2, with her "snap" delivery, moves the ball downward and backward rather than forward and upward to initiate the wind-up. The time required to move the ball to the top of the delivery does not seem to be critical to the overall velocity generated by the pitchers. Table 1 indicates that there is no pattern with regard to time elapsed for this phase of the delivery with subjects 1, 2, 3 and 4 requiring .233 seconds, .333 seconds, .367 seconds and .367 seconds respectively. The illustrations show that only Subject 4 lifts the striding foot an exceptional distance above the ground. Subjects 1, 2 and 3 raise the foot just enough to clear the ground, whereas Subject 4 lifts the foot some six inches.

In all cases the top of the delivery is reached before the striding foot makes contact with the ground. Both the side and front views show similarity among the pitchers as they reach this position. The greatest difference is seen for Subject 2 (front view) who appears to have forced the humerus into horizontal hyperextension and the scapula into extreme adduction.

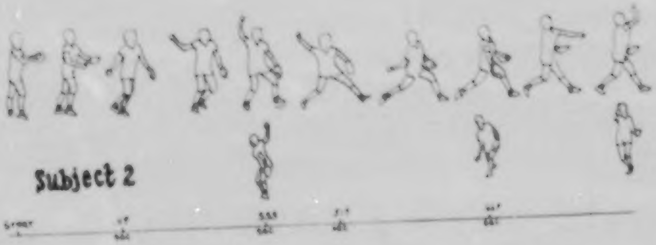
The time elapsed from the top of the delivery to the moment of release (foreswing) would seem to have the most effect on the amount of velocity generated and, therefore, on the velocity of the ball. Table 1 supports this assumption by indicating that those pitchers who complete their foreswings in the shortest amounts of time tend to impart the greatest velocities to the ball. Subject 4 provides an exception in that she has the fastest foreswing but the second fastest ball velocities. Subject 4, however, is throwing different styles of pitches and is expending some of the velocity she has generated on the ball itself as she imparts or destroys spin.

The point of release of the ball is shown to be either directly below the chin or in line with the back of the thigh. Either point of release enables the pitcher to extend the elbow and to lead with the shoulder in order to flatten the arc through which the ball moves just prior to release. Increased accuracy is thus obtained.

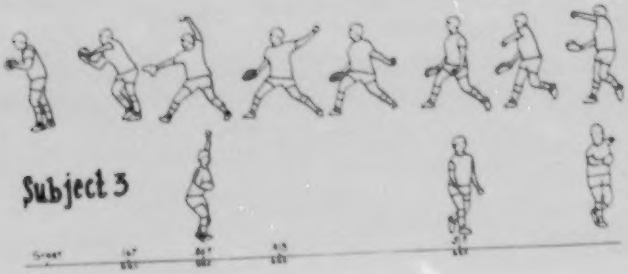
Subject 1

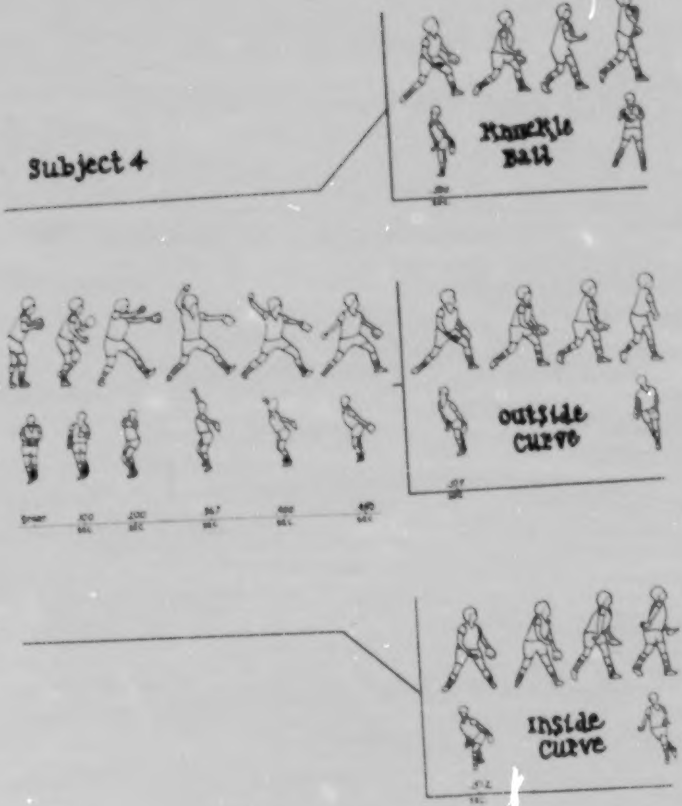


Subject 2



Subject 3




Subject 4
Knuckle Ball
Outside Curve
Inside Curve

With the exception of Subject 2, all pitchers stride a distance which allows them to finish the pitch with the weight of the body over the striding foot. Stated in inverse manner, the stride distance is chosen so that the striding foot is under the body weight at the conclusion of the delivery. Proper weight shift is possible only if this condition prevails. Subject 2, who does not uphold the condition, over-strides herself and as a result completes the pitch with the body weight well behind the striding foot. The effect of her mis-cue diminishes ball velocity because of the tendency of the striding leg to push her backward, thereby providing a negative vector to her overall force application.

The major portion of the follow-through for Subjects 1, 2 and 3 is completed with the elbow fully extended and with the entire arm rotating inward. The follow-through of Subject 4 is noticeably different in that after the release of both curve balls – at which time the arm is straight – the elbow is flexed momentarily and then returns to the extended position as the arm rotates inwardly and swings backward. The follow-through after release of the knuckle ball is provided by elbow flexion but little or no shoulder flexion. The departure in pattern of follow-through exhibited by Subject 4 is presumably a function of hand and forearm movement as the correct spin is imparted to the ball.

Conclusions

Within the limited scope of this study, the following conclusions or statements can be made regarding the successful performance of the fast pitch in softball:

1. The speed with which the pitcher reaches the top of the delivery bears little relationship to ball velocity.
2. The top of the delivery must be reached before the striding foot touches the ground.
3. The speed with which the pitcher moves the ball from the top of the delivery to the point of release should be as fast as possible but yet permit control.
4. The ball should be released at a point below the chin.
5. The length of stride should be such that the pitcher shifts her body weight over to the striding foot as the delivery is completed.
6. In general, the follow-through should be executed with an extended elbow, inward rotation of the arm and shoulder flexion. Specific pitches, such as curves and knuckle balls, may necessitate different patterns of follow-through.

TABLE 1. Results of Film Analysis of Fast Pitch in Softball

Subject	Time From Start To Top Of Delivery	Time From Start To Touch By Stride/Foot	Time Of Foreswing	Time Of Complete Pitch	Ball Velocity*	Stride Distance
S_1	.233 sec.	.267 sec.	.167 sec.	.400 sec.	95 fps	28 in.
S_2	.333 sec.	.517 sec.	.334 sec.	.667 sec.	35 fps	28 in.
S_3	.367 sec.	.400 sec.	.150 sec.	.517 sec.	115 fps	28 in.
S_4	.367 sec.	.400 sec.	Knuckle .133 sec.	.500 sec.	95 fps	25 in.
			Curve Outside .150 sec.	.517 sec.	100 fps	25 in.
			Curve Inside .145 sec.	.512 sec.	105 fps	25 in.

*The shutter speed of the camera was not sufficient to provide for a stop action view of the ball. A certain amount of blur did occur which made precise measurements of velocity impossible. All velocities reported here are approximate in that they have been rounded to the nearest foot per second.

Implications for Teaching the Softball Pitch

M. NADINE ZIMMERMAN

M. Nadine Zimmerman received her B.S. from Lock Haven State in Pennsylvania; her M.S. from the University of Pennsylvania in Philadelphia; and her Ph.D. from the University of Wisconsin. She is associate professor at Northern Illinois University in DeKalb and is a member of the 1974-76 DGWS Softball Guide Committee.

One prerequisite for helping young people enjoy the game of softball is to provide a teammate who can throw the ball toward the batter with speed and accuracy. It is difficult to develop enthusiasm for the game when only two of the 18 players – the pitcher and the catcher – are involved in the action for extended periods of time. Who is thrilled by watching a poor pitcher throw four called balls toward the batter? If the pitcher is unsuccessful, the batter rarely gets an opportunity to swing the bat. Therefore, it is essential that the pitcher be assisted in every way possible in learning to understand how the body should be utilized in throwing the ball underhanded for speed and accuracy.

The problem of teaching children and adults, especially girls, to throw underhanded for speed and accuracy has long been recognized by physical education teachers. To assist the pitcher the teacher must have a thorough understanding of the body mechanics involved in projecting an object.

The construction of the human body facilitates movement and the levers of the body can be used to move external objects. Therefore, the speed at which the lever (ball hand) is moving at the time of release will determine the velocity of the object. Velocity is dependent upon the amount of speed the body can generate for the release of the object. Efficient use of the body parts contributes to the underarm throw (pitch). In softball we need to be aware that certain rules or parts thereof prevent the most efficient use of the body – the pitching rule serves as an illustration. Rule 6, Section 2 states that the pitcher shall not take more than one step which must be forward, toward the batter and *simultaneous with the delivery of the ball* to the batter.

A cinematographic analysis of the underarm throw has been invaluable in showing the various parts of the body that contribute immeasurably to an effective throw. In addition, film analysis clearly describes the sequence of movements of the various body parts.[1] Such study clearly indicates that the forward step must be prior to, not simultaneous with, the ball release if the greatest ball speed is to be generated. Perhaps the rule should be reevaluated in light of our knowledge of mechanical efficiency. A reevaluation of the rule may greatly aid teachers and potential pitchers in achieving success.

To assist teachers working with softball pitchers it is helpful to keep in mind that the speed of the object projected is directly related to the length of the lever used. Therefore, the length of the throwing arm (lever) should be increased. This is accomplished by rotating the spine, the right hip and right shoulder away from the direction of the throw. As the throwing arm reaches a horizontal position on the backswing, the left foot should be moving forward. The body is now in a good mechanical position to allow gravity and body momentum to come into play in the projection of the ball. Wrist flexion at release also aids greatly in increasing the velocity of the ball.

Each of the levers mentioned have been cinematographically analyzed. Cooper and Glassow reported the percentage of contributions of each lever in an underhand throw for a skilled college woman. They were: Spine – 7.9 percent, hip – 14.3 percent, shoulder – 45.3 percent and wrist – 32.4 percent. Note the contribution of the hip and spine and shoulder. These levers accounted for almost half of the force generated. If the forward foot does not contact the ground prior to release the body is less able to push off with the right foot. Pushing off is necessary if the momentum generated by the rotation of the spine, hips and shoulders is to be maintained throughout the throw.

The game of softball will be more enjoyable for all players at any position if we can develop successful pitchers who can keep the game moving. The pitcher, however, must be free to use the proper mechanical principles.

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Cooper, J. and Glassow, R. *Kinesiology*. St. Louis: C. V. Mosby Company, 1968.

Division for Girls & Women's Sports. *1972-74 Softball Guide*. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1972.

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[1] Plagenhoef, S. *Patterns of Human Motion*. Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1971.

Developing the Exceptional Slingshot Pitcher

DONNA A. LOPIANO

Donna Lopiano is an assistant professor at CUNY Brooklyn College and holds a B.S. degree from Southern Connecticut State College, New Haven, and a M.S. and Ph.D. from the University of Southern California, Los Angeles. She has been a national softball competitor for nine years, an eight-time national all-star pitcher and infielder for the Raybestos Brakettes, and has twice been selected most valuable player in national tournament play. Besides being the youngest player ever to be named to the national all-star team, she was selected an all-star at four different positions.

The slingshot delivery is one of the most effective pitching styles used in softball today. It is also one of the most difficult styles to teach or learn. Unlike the windmill delivery, which utilizes centrifugal force and a straight-armed motion to propel the ball toward the plate, the slingshot delivery effectively allows a pitcher to use an optimum number of body levers as well as hip and trunk rotation to produce an exceptionally fast pitch.

In addition to the potential speed advantage, pitch effectiveness is further increased in that the ball is released from a point at or below knee level whereas the more upright windmill style has a higher point of release. This low release gives the pitch a steady rising movement and makes it more difficult for the batter to adjust to any spin on the ball.

The purpose of this article is to present a teaching method for the slingshot delivery. The method focuses upon the power phase of the motion which begins at the top of the backswing and ends with the release of the ball. The full wind-up is never used in this teaching/practice situation and all comments are for a right-handed pitcher.

It is suggested that homeplate and the catcher be replaced by a solid wall approximately 15 feet from the practicing pitcher. The wall is extremely advantageous for the learner because she can practice alone and retrieve her own pitch via the rebound.

The learning method concentrates on speed rather than control. It is the author's contention that both speed and control are necessary for the successful pitcher but it is difficult to obtain speed when one is concerned with accuracy. Therefore, a target is not recommended as it may be more of a distraction than a help at this time. The ability to throw a fast pitch must become a habit so that the pitcher does not resort to slowing down the ball in order to obtain control. The less time a batter has to see a ball, the more difficult it becomes for her to hit it.

If the pitcher initially concentrates on control and attempts to acquire speed while maintaining her accuracy, she will never understand or acquire the feeling of uncontrolled speed. It is this almost unbelievable speed, which most people think is impossible to control, that must become habit.

Following this thesis one step further, the teacher should not require the new pitcher to exhibit control until she can consistently produce speed. The new slingshot pitcher should not be put into a game situation in her first season of throwing as she may have speed yet lack control.

Preparation

The pitcher assumes a position with feet facing approximately midway between third base and home plate. The right foot is on the rubber and the left foot is a comfortable stride toward homeplate. The trunk, shoulders and hips are facing third base (Figure 4). The top of the left shoulder is facing homeplate and the arm is positioned at the top of the backswing (Figure 3).

The ball should be held in the fingers (Figure 1) and not in the hand (Figure 2). The beginner has a tendency to grip the ball tightly in the hand and to tense the entire arm and shoulder. Since a flexible, relaxed arm and wrist movement is essential in this type of delivery, any unnecessary muscle tension related to gripping the ball should be eliminated. To get the "feel" of the flexible movement required at the wrist, it is a good idea to have the student practice fully hyperextending and fully flexing the wrist as quickly as possible while gripping the ball. She should be able to move her wrist through a complete range of motion.

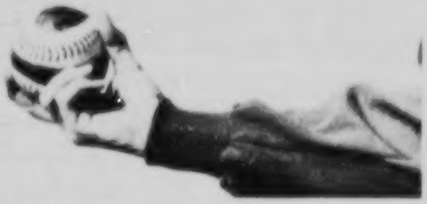

Figure 1. Gripping the ball in the fingers.

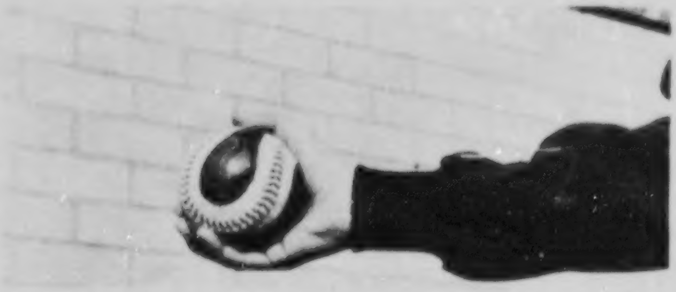

Figure 2. Incorrect grip-holding the ball in the hand.

At the height of the backswing the wrist is hyperextended. The ball is held slightly behind the head when viewed from home plate (Figure 3). The arm is abducted, without excessive strain, to the individual's limit of hyperextension of the shoulder. The height of the backswing will be determined by the individual's range of motion at the shoulder joint and by knee, hip and trunk flexion which serve to incline the trunk slightly forward toward third base and allow the right shoulder to be raised higher than the left (Figure 3). The trunk inclination is extremely important as it will eventually allow the arm and hand to complete a legal underhand motion without contacting the hip or letting the arm move away from the body into an illegal sidearm motion.

The elbow is slightly flexed (Figure 3). Outward rotation of the humerus at the top of the backswing keeps the ball in the line of force when the elbow flexes. It also discourages locking of the elbow and thereby assists in the maintenance of the "loose" or relaxed arm necessary for a whip-like movement at the elbow. In addition, the outward rotation of the humerus puts the arm in position for an inward rotation of the humerus prior to release which contributes to increased force.

Outward rotation of the humerus and slight flexion of the elbow, together with the loose arm feeling, are extremely difficult points for the beginner to master. The beginner has a tendency to use a bowling-type, stiff arm movement where the arm is medially rotated rather than laterally rotated.

These critical points should be checked as the beginner adopts the practice position (Figures 3 and 4):

1. trunk, shoulders and hips facing third base at top of backswing, trunk inclined forward

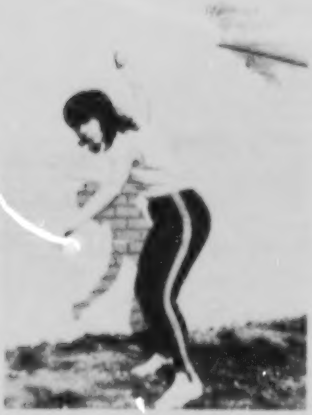

Figure 3. Practice starting position — viewed from homeplate.

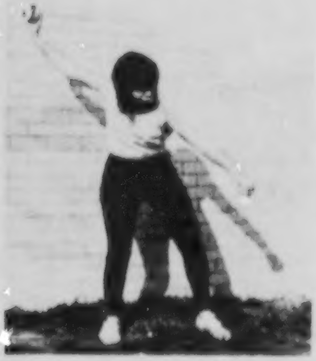

Figure 4. Practice starting position — viewed from third base.

2. full hyperextension of the wrist with ball held in fingers
3. abduction of arm to limit of shoulder extension
4. outward rotation of humerus and slight elbow flexion.

Force Production

As a push is initiated off the weight-bearing right foot, the hips and trunk start to rotate toward home plate (Figure 5). These movements begin the power phase. The arm starts its downswing by being whipped downward and forward by the continued forceful rotation of the hips, upper trunk, and shoulders toward home plate. Note that as the hips rotate, the upper trunk maintains a slight inclination toward third base. The elbow remains slightly flexed and the wrist remains hyperextended until just prior to release (Figure 6). The arm is still relaxed and forcefully moves forward primarily due to the forces of body rotation and a strong contraction of the deltoid and biceps muscles. The ball and lower arm are trailing the elbow as if at the end of an about-to-be-snapped whip (Figure 6). The release of the ball is immediately prefaced by a flexion of the shoulder joint, elbow, and a whip-like snap of the wrist (Figures 6-7). At this point, the ball is flung toward homeplate with the fingers pointed downward and positioned behind the ball. Just before the ball is released, the arm becomes perpendicular to the ground as the elbow momentarily straightens (not shown in photographs). The ball is no farther from the body than the elbow at

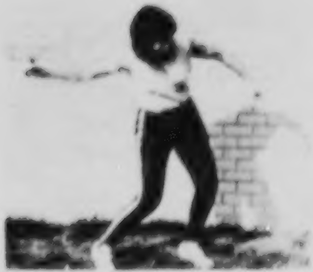

Figure 5. Beginning the power phase.

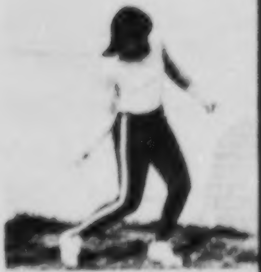

Figure 6. Prior to release

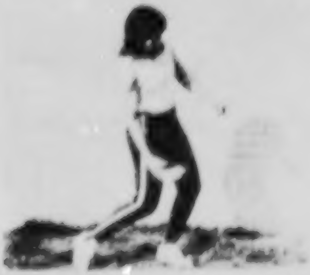

Figure 7. Release.

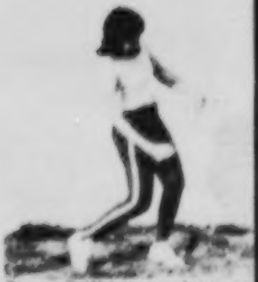

Figure 8. Wrist completes sna release.

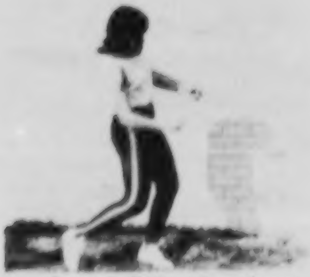

Figure 9. Follow-through.

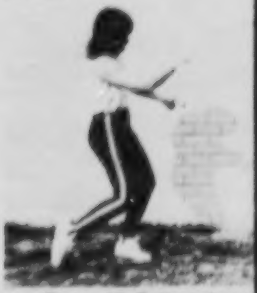

Figure 10. Follow-throug

release. After the snap-like release the arm continues forward and upward toward the target in a flexed elbow upswing (Figures 9-10).

The point of release is determined by where the pitcher wishes to throw the ball. Body weight should be moving forward over the left foot at release (Figure 7). This occurs to a greater degree when using the full windup because the body is moving forward more quickly due to a weight transfer from the rear left foot to the pivoted right foot after the presentation. Also, in the full delivery motion body, momentum pulls the right foot forward and starts the pitcher moving into a flexed knee fielding position at the conclusion of the follow through.

Some Common Problems

There are several common errors encountered in the practice situation which may be easily detected by the coach:

1. *A slow "stiff-arm" motion* — The arm should be moving so rapidly that it is a blur to the observer. The speed created by the whip-like action of the arm may only be accomplished with a snapping movement of the "loose" arm. An excellent teaching aid (Figure 11) may demonstrate the required arm action to the beginner. A ball suspended from a handle made of tape is used in the practice situation. It acquaints the learner with a concept of the snapping movement involved in slinging a weight rather than the pushing movement involved in bowling a ball.

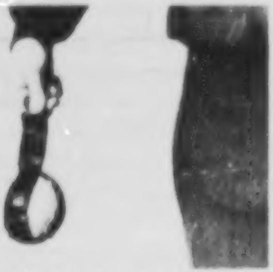

Figure 11. Slung ball teaching aid.

2. *Side-arm release* — Softball rules state that the wrist should be no farther from the body than the elbow at release. The beginner usually attempts to maintain elbow flexion at release

rather than allowing the arm to pass through the release point perpendicular (elbow momentarily straightened) to the ground. This sidearm release may also be caused by allowing the trunk to straighten. This places the pitcher's hip in the way of the ball and may force her to move her arm around the hip obstruction.

3. *Lack of hip, trunk or shoulder rotation* – The beginner may attempt to throw with her arm rather than using the forces of body rotation. This tendency should be avoided at all times since it places an unnecessary strain on the muscles in the shoulder area.
4. *No follow through* – It is common for the beginner to stop the arm at release rather than allow it to continue forward and upward toward the plate.

Generally, most beginners' problems stem from a lack of two concepts: (1) a kinesthetic awareness of the position of her body parts and (2) knowing what it feels like to "whip" the ball rather than throw or push it. An awareness of both concepts will only be acquired through experience and much practice.

Once speed becomes a habit, the practice situation should include a target on the wall. The full wind-up should not be incorporated until in the practice situation accuracy is obtained from a distance of 30 feet.

The Full Slingshot Delivery

The full slingshot delivery begins with the pitcher facing homeplate (shoulders square) and both feet in contact with the rubber. The feet are approximately shoulder width apart. The heel of the right (forward) foot is on the right side of the rubber while the toe of the left foot is on the left side of the rubber. (See Figure 12.)

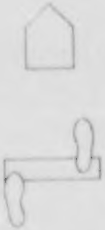

Figure 12. Position of feet on rubber during presentation phase of full wind-up

The ball is presented to the batter by holding it in both hands (glove and hand) in front of the body for at least one second. The weight is on the left foot during presentation. The ball is held in the right hand which in turn rests in the glove. The windup is started by moving the ball and glove slightly over to the right side of the body. As the right arm is extended and slung backward, the pitcher pivots on the right foot and rotates her hips, trunk and shoulders to the right bringing the upper trunk to a position facing third base. Both knee flexion and trunk flexion accompany the rotation. As the ball reaches the top of the backswing, weight is on the right foot.

The power phase begins when the left foot leaves the rubber and begins its forward stride directly toward home plate. The beginner is now in her practice position and can complete the power phase as she has practiced it.

Conclusion

This practice situation and teaching method of concentrating on the power phase of the pitch is susceptible to the shortcomings of the part-whole method of learning. However, the author firmly believes that the emphasis on proper positioning and movement during the power phase will lessen the probability of the learner succumbing to the less powerful pushing or bowling type arm action. The bowling type of arm action can be a difficult habit to break. In addition, this practice method helps both the coach and learner concentrate on the critical movements of the power phase. As the pitcher increases her experience with this type of pitch, the knowledge gained in the practice of just the power phase will provide essential feedback that may assist her in analyzing her own problems. The coach should remember that no two pitchers pitch alike. There are broad ranges in individual style. The beginner should be encouraged to adopt a comfortable, fluid motion and constructive criticism should be geared toward improving efficiency of movement rather than standardizing form.

Pitching is an extremely complex skill. The development of a good slingshot pitcher is an arduous task for both the coach and player. It requires hours of individual instruction on the part of the coach and an ability to analyze critically her player's movements. In turn, the player must make a commitment to engage in countless hours of practice with her objective being to consistently throw a fast legal pitch with a comfortable, fluid, whip-like motion. She should throw from 100 to 200 correct pitches a day as she works toward this objective. In addition, she must accept the fact that it will take from two to three seasons to become a successful pitcher. A player's dedication to practice coupled with attention to detail, considerable mental practice and a determination to "throw hard" will produce an exceptional pitcher.

Tips For Stealing First Base!

MARLENE PIPER

Marlene Piper is an instructor at Portland State University, Oregon. She received her B.A. from the University of British Columbia, Vancouver and Oregon State University, Corvallis and her M.S. from Oregon State University. She has taught at the upper elementary, high school and university levels. She is presently varsity volleyball and softball coach at Portland State University. She has played on two National ASA softball championship teams ('64 Erv Lind Florists and '68 Raybestos Brakettes) and has been named to the All-American Team five times. She has competed internationally in track and field and nationally in the past three USVBA volleyball championships.

Although sacrifice bunting skills are essential for every softball player, being able to bunt offensively can also assist your team in scoring runs.

Usually offensive bunting is restricted to the faster runners on your team. However, the element of surprise often has enabled a mediocre runner to "beat out a bunt," and advance runners.

The types of bunts included in this category are the short and push bunts for right-handed batters and the drag bunt for the left-handed hitter.

The short bunt can be very effective against pitchers and third basemen who are not very skillful in fielding slow-hit balls (e.g., a pitcher or 3rd baseman who react slowly; poor throwing arm demonstrated by any infielder playing a bunt; infield is erratic and easy to rattle). If the third baseman is playing deep, even though she might be a good fielder she may have trouble throwing the hitter out if she is surprised with a short bunt.

Another exciting bunt to watch when it is well-executed is the push bunt. The ball is pushed between the first baseman and pitcher in an attempt to make the first baseman field the ball. It should be used particularly when the first baseman is playing deep. The batter must lean forward, extend her arms in the direction where the ball is to be bunted and take a step toward first base as the ball is contacted. This bunt requires slightly more rigidity in the arms and hands.

Body positioning is quite similar for these two methods of bunting for a hit. The trunk, knees and elbows are slightly bent. The legs are comfortably spread and the weight is on the balls of the feet.

Foot position in the batter's box varies with the pitcher. If the pitches are very slow, stand in the front part of the box, but if the pitches come quite fast then stand back by the plate so you can see the pitch longer. Then, as you step you will contact the ball in front of the plate. The hand nearer the handle controls the bat; the other hand is moved towards the trademark. The batter must keep the fingers behind the hitting surface to avoid injury. A semisquared around bunting stance is crucial for these two skills to keep the surprise element intact. The position is easily assumed as the bunter pivots on the balls of her feet while she remains in her normal hitting position. She then turns the upper part of her body toward the pitcher. Most of the body weight is shifted to the front foot and the legs are bent at the knees. This position is very effective because it can be accomplished very quickly and still conceal the batter's intentions.

The third type of bunting for a hit is the drag bunt. This term is usually ascribed to the left-handed batter. The fact that the batter's box for left-handed players is closer to the first base gives a distinct advantage to players who will take the time to learn this skill. The batter takes her original stance in the box, both feet slightly behind the plate. She gives the appearance of "hitting away". She is thinking, however, "if the pitch is good I'm going to drag it." As the ball approaches, the bat is level and at right angles to the body. The left hand slides six to eight inches down the handle, the weight is on the right foot and the left foot starts toward first base. The bat is actually behind the weight and is in essence "dragging" the ball. (See Figures 1 and 2.) The ball can be dragged down third base by angling

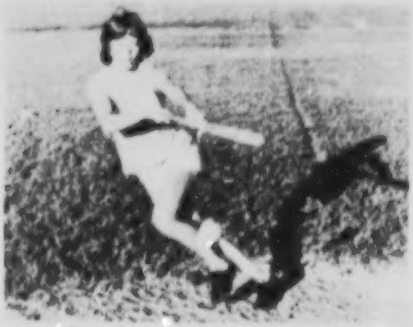

Figure 1. Ball dragged down first base line — bat is level, eyes see bat contact ball, back foot steps toward first base, right hand controls bat.

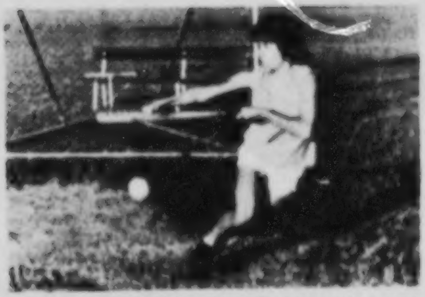

Figure 2. Ball dragged down first base line. Hand position protects hands from being hit by pitch; bat is horizontal.

the bat slightly towards third (move the handle of the bat forward and withdraw the end of the bat slightly). A low outside corner pitch is a natural to place down the third base path. (See Figures 3 and 4.) It is good strategy to drag down the first base line especially if the first baseman is playing back. Often, if the pitcher is somewhat slow or perhaps has a bad knee, it is worthwhile to make her field the bunted ball. The fundamental consideration is to keep your eye on the ball. The bunter must select a "strike" ball and watch the bat hit the ball. The defenses' alertness will help the batter determine whether the first or second strike is the best pitch to drag bunt. The batter must hit the ball while she is in the batter's box or she will be called out – therefore, don't be too anxious to start running.

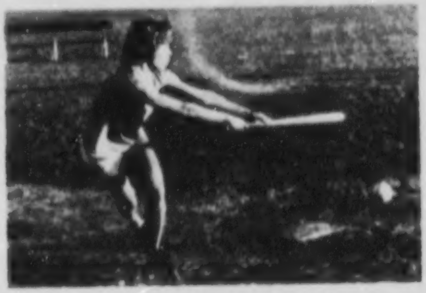

Figure 3. Ball dragged down or pushed toward third base line. Outside pitch; arms extended; bat directs ball toward third.

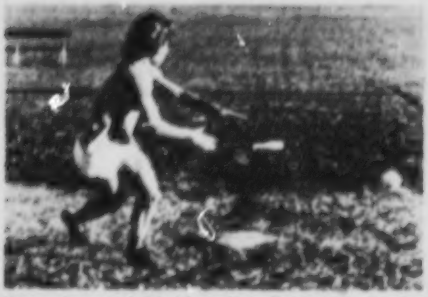

Figure 4. Ball dragged toward third base line. Eyes see ball meet bat; back foot starts toward first base; bat dropped to land in front of home plate.

There are generally two methods of stepping when bunting offensively. The first method consists of taking a short step away from the plate, then stepping toward first base with the back foot; or secondly, the back foot steps toward the first base as the ball is bunted with the weight on the front foot. The writer has also observed All-American players using only one arm when bunting. The bat is gripped midway down (near the trademark) and held horizontal with the handle near or touching the hip. The step is taken as the ball is contacted and the bat (for right-handed hitters) is actually back of the weight and is dragging the ball similar to a left-handed action. However, one must be careful not to run into the bunted ball. See Figure 5.

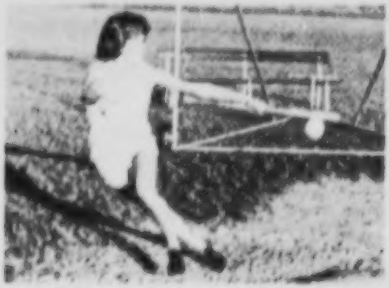

Figure 5. One-armed drag bunt along first base line. Bat horizontal, left arm in control; eyes see ball contact bat; running position toward first base.

Review of the key points:

1. Hold the bat lightly; don't hit the ball hard.
2. Don't reveal that you are going to bunt.
3. Fast runners can become very effective offensive bunters.
4. Bunt a "slow" ball or change up if you can.
5. Where the bunter places the ball depends upon:
   a. position and ability of the defense
   b. pitcher's ability
   c. stage of the game
   d. ability of the bunter.
6. Bunt the ball in front of the home plate.
7. Push or drag the ball along first base line; it is very hard to throw you out as you race the ball along first base path.

If the offensive bunter is quite proficient at this skill she can be taught where and when to bunt similar to sacrifice bunt situations:

1. Runner on first — make first baseman play the ball or the third baseman if she has a weak throw or is playing you too deep.
2. Runner on first and/or second, down the third base side.
3. Runner on second, short bunt to third or first base side.
4. Learning to fake a bunt will sometimes draw the defense in and give you a chance to blast the ball through the infield.

Key situations where the bunt-hit might be employed effectively include the following:

1. When the batter has two strikes the defense usually thinks she won't drag. Therefore that is sometimes the time to do it because they are caught off guard. This is risky, for if the ball goes foul the batter is out!
2. Some third basemen are so concerned with covering their base with a runner on second, that a bunt down third will sometimes go untouched long enough for the runner to get to third as well as the bunter to get to first.
3. Some players will forget who is to field the bunt in certain situations.
4. Occasionally a field will be damp and a bunted ball will be hard to pick up and throw accurately to first. The writer has seen soft and slow conditions around home plate "prepared" to counteract a team's fast bunters. Also, she has observed slightly sloping base lines so that a ball will roll foul more easily if it is anywhere near the foul line.
5. Obviously, if the batter is left-handed and speedy, the defense must be on guard and sometimes they get rattled as they know they have to make the play fast and may drop or throw the ball away.
6. The batter may swing at the first pitch full tilt and then on the next strike drop the ball down for a bunt. The defense might

react to the first swing by moving a few steps back.

7. Sometimes after a big hit or a great offensive running play, the defense might not have quite enough time to recover to get themselves up again for the fast speedster at bat.

From the offensive bunting position a skill known as the slap hit has developed. This is an advanced skill and should be in the repertoire of the highly skilled batters.

The hitter takes a semi-squared position to fake a bunt, and as the infielders come charging in the batter pokes or hits the ball through the infield or just over their heads. A full swing is not taken as there is not enough time. The batter is broadcasting to a certain extent that she is going to bunt. Then, as she sees the defense advancing forward, she quickly pivots to her normal batting position and hits the ball between them. However, if she sees the infielders aren't fooled, she can go ahead and drag and run as fast as she can!

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A Homerun in Fielding

SALLY GUERETTE

Sally Guerette received her bachelor's degree from Plymouth State College, Plymouth, New Hampshire, and her master's degree from the State University College at Cortland, Cortland, New York. She has coached high school, recreational, and college softball teams. She has also been a member of several New England and New York state ASA teams. She has conducted clinics in softball and is an ASA rated umpire. She is presently an instructor at the University of Vermont, Burlington.

Organizing a team for the first time sometimes can be a frustrating situation for a new coach. Lack of experience on both the coach's and the players' part adds to the confusion.

By emphasizing a few key word cues, the coach may accelerate the learning rate of the beginning or novice player. Experience has indicated that the following words kept constantly in mind by the player will lead to an improvement in her fielding ability: 1) Charge the ball and get in front of it, 2) Put the glove to the ground, 3) Go toward the ball, and 4) Continue in the direction of the throw. The result should be a homerun of success in fielding.

The first cue appears to be an understandable suggestion, but many beginners seem to shy away from a hard hit grounder, and the ball becomes the one in command, taking its bounce where it wants to. By being aggressive and attacking the ball, the fielder can decide on which bounce to field the ball, and do so with greater confidence. An added bonus derived from charging the ball is that the player obtains possession of the ball sooner and makes her play faster.

Following along on our basepath to successful fielding the next key word cue would be "Glove to the ground." The fingertips of the glove should actually touch the ground. How often has a ground ball been missed because of a player's failure to do this? Constant emphasis on this point should get a player doing this automatically and thus ensure maximum success with most ground balls. Picture the glove as a shovel reaching deep into the grass or sand and scooping the ball up neatly and quickly.

Approaching third base in our attempt for a homerun in fielding, we find the most important cue of all — Go toward the ball! This can be applied to almost any player in the field, but most of all for the second baseman and the shortstop. At the crack (or ping) of the bat each player should be moving and, except in some cases for the first and third baseman, all should go toward the ball. If a player does not make the initial play on the ball, but is headed in that direction, she will be there to back up someone if needed. If a girl is an inexperienced second baseman or shortstop it may seem an impossible task to remember who covers second and when. Rather than attempting to remember, "Well, if it is on this side of the field, I don't . . ." it would be much simpler to remember to go toward the ball. If by doing this the player is now fielding the ball, then obviously she does not cover the base. But, if by going toward the ball, the infielder is not fielding the ball but is headed in the direction of a base then it is her responsibility to cover that base. This also makes transition from playing either second base or shortstop a simple matter rather than a complicated frustrating experience. With constant thought to moving toward the ball it will become automatic and the main concentration will then be settled around the most important job — fielding the ball. The fewer things a player must remember, the more effective she will be in executing her duties as a fielder.

Rounding third base we see that a slide will be needed at home. This calls for a final cue concerning the most effective method of fielding the ball and getting the runner out, and that is the throw. Taking a hint from going toward the ball, the fielder should also be sure to go toward the target when throwing. For example, the ball has been scooped up quickly but the player is having trouble getting the ball out of her glove. As the attempt is made to grasp the ball, the fielder should keep her feet and body moving in the direction of the target, thus cutting down on the distance of the eventual throw. The same would be true of a bobbled ball, where the player is attempting to gain control of the ball on the ground. If she can direct the fumble toward the throwing target, she may still get the runner out.

The circuit of cues has now been made and will be reviewed on instant replay. At first base charge the ball. Speed along to second and get the glove to the ground. Steam into third and remember to go toward the ball. At home slide in safely by remembering to continue in the direction of the target on the throw.

If a player can get herself to think in terms of this fielding homerun, her fielding percentage should see a marked improvement in a very short time.

Batting Analysis

JILL KIRKPATRICK

Jill Kirkpatrick is a senior physical education major at the University of Northern Colorado. She has played competitive softball for the past six years, and has competed in Kansas and Colorado, serving on two University of Northern Colorado Girls Softball Teams which participated in the College Softball World Series.

Although defense is a vital part of any sport, a successful team also must have an effective offense, which in addition to scoring will keep constant pressure on the opposition's defense. In softball, hitting is the basis for the offense so an effective batting technique should be developed and practiced regularly by each team member.

Hitting is probably the single most difficult skill required in softball. It calls for more physical dexterity and mental alertness than any other skill of the game. Hitting also demands a great deal of self-discipline, proper thinking and quickness — all very hard to teach or coach. However, there are several phases of batting which can be coached and thus improve hitting ability at any level.

The swing in softball is not a grooved swing such as in golf, but rather is tailored to the individual. For this reason, a player may vary in her grip, hand and foot position, and bat angle. As a relaxed batter is a necessity, these aspects of style should be left to the individual to decide which is most comfortable.

The three most important mechanics of hitting are executed similarly by all batters regardless of individual preferences in style. These are: 1) The stride; 2) The pivot or opening of the hips; and 3) The arm action.

1) *The stride* — In that split second before the pitcher releases the ball, the batter should stride or step toward the pitcher with her lead foot. The stride is fairly square with the toes pointing slightly toward the pitcher to allow for more hip pivot. The length of stride is up to the individual, but in order to avoid lunging, it probably should not exceed 12 inches. The stride is executed by pushing off the inside of the rear foot, keeping the rear leg firm and slightly bent. The lead leg comes to rest on the inside cleat of the toe plate. Throughout the stride body weight is on the balls of the feet. The weight is not transferred to the lead leg, but is still fairly evenly distributed. By not transferring weight only the feet are committed, not the hands and total body weight.

The batter should concentrate on striding to the same spot on every pitch. This is not difficult since she strides before she knows where the pitch will be. With every pitch, the feet are committed, ready to swing, but the hands and weight are not should she decide to "take" the pitch. By not committing the hands, the batter will not be fooled by a change of pace pitch.

2) *The pivot or opening of the hips* — If the batter decides to swing at the pitch, the hips initiate the actual swinging action. The batter should make her stride before the pitch is released so her feet are set. The hips start, remain level, and then pivot or open directly toward the pitcher. The pivot is on a vertical axis so that neither the plane of the center of gravity nor the batter's eye level is changed. The force with which the batter brings her hips around into the swing is directly related to the power with which she hits the ball.

The heel of the rear foot comes off the ground and the batter pivots toward the pitcher on the toe of the rear foot. This rear leg pivot allows a fuller opening of the hips. If the pivot has been executed correctly at the completion of the swing, the toe of the rear foot is pointing toward the pitcher. The rear leg is bent with the thigh perpendicular to the ground. At contact with the ball and throughout the follow-through, the front leg is stiff but not completely straight. The entire foot of the front leg is firmly on the ground with the toe slightly towards the pitcher.

3) *Arm action* — Before and during the swing the shoulders are level. The bat angle may vary with the individual but the shoulders remain level. The initial action of the arms is similar to that of a controlled throw of the bat at that place where the ball will enter the hitting zone. The front arm straightens as soon as possible in the swing to generate greater bat speed for greater power. The batter should guard against pulling on the bat and let the hip pivot lead into the swing with the shoulder and arm movement following. As the hips come around, the hands ensue with the bat following the hands. (Teaching cues: hips—hands—bat). The wrists remain unbroken through the hitting zone so that the power is actually supplied before the wrists roll. The wrists snap after the ball has left the bat.

Thinking and Playing the Outfield

PATRICIA HARRISON

Pat Harrison holds a B.S. degree from Southern Connecticut State College, New Haven, and is working on her M.A. in urban studies. She is a high school health and physical education teacher. She has been a national competitor in softball for 15 years, played on five national championship softball teams and has been named four times to the national all-star team as an outfielder.

The most difficult part of playing the outfield is the mental adjustment which the player must make. This psychological set is the key to becoming a good outfielder. Unlike the infielder who continuously physically participates in the entire game, the outfielder must play 90 percent of the game in her head.

What does the outfielder think about as she waits in the field?

1. She must assess each batter as each player in batting order comes to the plate. She must remember their strengths and file them in her mind for use later in the game.
2. The outfielder must interpret the feedback provided when a batter swings at a pitch. The speed of the swing, the follow through and the batter's stance will indicate to the outfielder the probable direction of the ball should it be hit.
3. She must note the position or number in the line up of the batter as it may indicate the strength or speed of the batter.
4. She must think ahead to the next play by remembering what bases are occupied by runners and how fast each baserunner is. She must then estimate how much time she has to field the ball and still get the baserunner out.

Body Position

Good body position is essential to fielding the ball as quickly as possible. The feet should be in a parallel stance facing homeplate with the weight evenly distributed on the balls of both feet. Heels should be off the ground and the knees should be flexed. This position allows the fielder to move in any direction as soon as the ball is contacted.

Although within the outfielder's range of vision, the outfielder must not watch the pitcher as the ball is being delivered. Outfielders must watch the batter. It is essential that the outfielder see the ball as it comes off the bat so that she may react immediately.

Fielding Responsibilities of Each Outfield Position

1. **Centerfielder**
   The centerfielder is the quarterback of the outfield. She has priority in the outfield and the right of way when fielding all balls to either her right or left. She is also responsible for shifting the other two outfielders if she feels they are out of position.
2. **Leftfielder**
   The leftfielder should play only as close to the foul line as is necessary so she may reach those balls that are fair. Many girls have a tendency to stand close to the foul line which enables them to catch many foul balls but it leaves a big space between them and the centerfielder which may allow unnecessary base hits or even extra-base hits.
3. **Rightfielder**
   Correct positioning with regard to distance from the foul line is the same for both the left- and rightfielders. The rightfielder should gamble more than other outfielders by playing closer to the infield with consideration given to the strength of the hitter. She plays the percentages which indicate that most balls hit to right field by right-handed hitters will be the result of partial or late swings and therefore not travel a great distance.

All outfielders should remember that they have the right of way over infielders when fielding short fly balls. It is much easier for an oncoming outfielder to judge a ball than it is for a backpedaling infielder or an infielder running in one direction and looking in another direction. The outfielder must take the initiative on these catches and call loudly for any ball she feels she can catch. Be aggressive!

Hints on Backing Up

LIVIA E. DIAZ

Livia Diaz received her B.S. degree from The University of Texas, Austin, her M.A. from The University of New Mexico, Las Cruces, and has done advanced work at Texas Woman's University, Denton. She is a physical education instructor at Texas A & I University, Kingsville.

Backing up is the positioning of a teammate or teammates behind a player who is attempting to field a batted ball or to catch a thrown ball. Since errors are going to be committed regardless of skill level, the success of a softball team depends largely upon the players' ability to back up all defensive plays.

In a class situation backing up should be introduced as soon as a player is put into a game situation and it should be practiced until it becomes a habit. As a class advances to the execution of various defensive plays, the backing up responsibilities for each particular play should be presented. Play should be stopped and backing up reviewed as often as deemed necessary.

The following hints on backing up have been used successfully in the teaching of softball to students at all grade levels.

1. When backing up a baseman, the player should position herself in line with the throw. This will place the back up player in position to field the ball if it is overthrown or missed. If the ball is deflected she will be in position to move quickly in any direction.
2. A back up player should position herself far enough behind the intended receiver so that an overthrown or deflected ball does not get by both players. When an outfielder moves to infield as back up, she should keep the ball in front of her. This should prevent the ball getting by the outfielder, allowing baserunners to advance and possibly score while the fielder is retrieving the ball.
3. Know where to throw the ball when backing up. When a base is overthrown one of three things will generally happen: the baserunner will remain at base; the baserunner will round the base and hesitate to observe the actions of the back up player; or, the baserunner will advance to the next base. Depending upon the action of the runner, the back up player may have the choice of attempting to catch the runner off base either while attempting to return to the base or while attempting to advance to the next base. If the player backing up is in doubt

as to where to throw the ball, the throw should be made one base ahead of the runner. Another outfielder should be vocally directing the throw at the same time. This should save valuable seconds.

4. When a ground ball is hit to an infielder, the outfielder who is backing up should advance toward the ball as if it were hit to her. Because the outfielder is in motion toward the ball, she can field it quicker if it is missed by an infielder.
5. When a batter squares around to bunt, the outfielders should anticipate a bunt and move in considerably closer to the infield. This will place the outfielders in better position to back up the possible throw to a base.

   Occasionally the batter may assume a bunting stance and instead of bunting hit the ball. This type of hit is executed with little or no back swing and will not cover the same distance as a hit executed with a full back swing; thus, it will generally land in front of the outfielders. If a bunt was anticipated and the outfielders were moving when the ball was contacted, they would be in better position to field a possible short fly ball. If the hit is a grounder that gets by the infielders, the outfielders will be in position to field it quickly.
6. When a play is made at a particular base the defensive team should be trained to habitually anticipate covering and backing up one base ahead of the lead runner in the event an error is made.
7. The importance of backing up every hit and every throw must be stressed continuously regardless of the players' experience. At least one player should always back up every play; whenever possible, two players should be used. The players must be taught to assume that an error will occur with every defensive play and that they must be in position to keep the baserunner from advancing. This will require that all players be mentally alert and ready to anticipate all possibilities.
8. A player must be in good physical condition to back up efficiently and repeatedly. She must have the speed to move into position quickly; the endurance to back up every play throughout the duration of the game; the agility to retrieve deflected balls; and the power to make the throw. Constant practice is essential.

In softball an error not backed up can quickly become compounded. An error successfully backed up will keep the runner or runners from advancing.

The ability to back up every play is not innate. It must be taught and practiced repeatedly until it becomes a habit.

Wisconsin Softball Pitching Test: Summative Evaluation

M. JO ANNE SAFRIT

Jo Anne Safrit received her B.S. degree from the University of North Carolina, Greensboro and her M.S. and Ph.D. from the University of Wisconsin, Madison. Jo Anne has served on two DGWS Softball Guide Committees and is currently serving on the 1975-77 DGWS Fencing Guide Committee.

The administration of skills tests at the end of a unit is a fairly common practice in physical education. These tests may be administered for several reasons, the more predominant being to measure final achievement levels and to determine grades. When skill tests are given at the end of a unit, this type of evaluation can be classified as *summative evaluation.* Summative evaluation encompasses assessment techniques that are administered after learning requirements for a designated unit are considered to be complete. Summative evaluation is generally contrasted with *formative evaluation,* which is the assessment of performance while the student is learning. The use of formative evaluation techniques in softball is described in the following article in this Guide. (3)

Teachers often use the results of summative evaluation to make decisions that have far-reaching implications for students. For example, a student's grade remains a part of her record throughout her lifetime. Therefore, great care should be exercised in selecting reliable and valid summative measures. Selecting appropriate measures of motor skills in physical education is perhaps more complicated than selecting written tests in academic areas. In the first place, very few standardized tests of motor skills have been developed that include adequate information on reliability and validity. Second, as advances in test development occur and as the rules for sports change, older tests need to be revised in light of these new developments. Finally, it seems unreasonable to expect full-time teachers to engage in the development of summative measures because this type of test development requires a great deal of time as well as expertise in measurement. (This is not to say that teachers should never make up their own tests, since the responsibility for developing formative measures lies predominantly with the teacher.)

WISCONSIN SOFTBALL PITCHING TEST

Most tests of the overhand or underhand softball throw measure either accuracy or force. The majority of earlier tests measured the accuracy of the throw using some sort of wall target. However, Ruth Glassow at the University of Wisconsin repeatedly noted that a softball could be thrown at several different speeds and still hit the same spot on the target; yet, no one would suggest that all of the throws were equally good. Rather, the ball thrown with the highest velocity would be the best throw. If a teacher is searching for summative measures of the softball throw, selecting either a measure of force or a measure of accuracy seems inadequate. A test measuring both force and accuracy components is needed, since skill in throwing requires both speed and accuracy. The Wisconsin Pitching Test is an attempt to utilize both measures within one test.

Definition of Good Performance

A sport skill can be measured in a practice situation or in a game situation. These two testing situations yield different kinds of information. When teaching a skill to beginners, we hope that they can become proficient at the skill in a practice situation without introducing the complexities of the game. Although good performance in practice does not guarantee good game performance, a player who cannot perform well in practice is likely to lack proficiency in the game. Thus, it seems reasonable to test beginning students in a practice situation. If, on the other hand, we are teaching advanced players who already exhibit proficiency in a practice situation, our primary concern is the use of the skill in the game. The logical choice of tests, then, is one measuring the use of the skill in the game situation.

The Wisconsin Pitching Test is designed for beginners and low intermediates in softball. Pitching skill is measured in an indoor practice situation. Good performance in pitching is defined as an underhand softball throw in which the ball travels at a velocity of 42 feet per second or higher (38 ft/sec. or higher for beginners) and reaches the center of the strike zone at a height of around four feet above the ground. The accuracy standard for beginners is a score of 25 or higher, for intermediates, a score of 30 or higher. These specifications are determined for female college students and may not be valid for younger girls.

Description of Test

A 48 inch archery target is taped to a wall with the center of the target located 4 feet from the floor, as shown in Figure 1. The target areas are scored 5-4-3-2-1, with the gold area receiving a score of 5 and the white, a score of 1. A ball landing outside of the white area is scored zero.

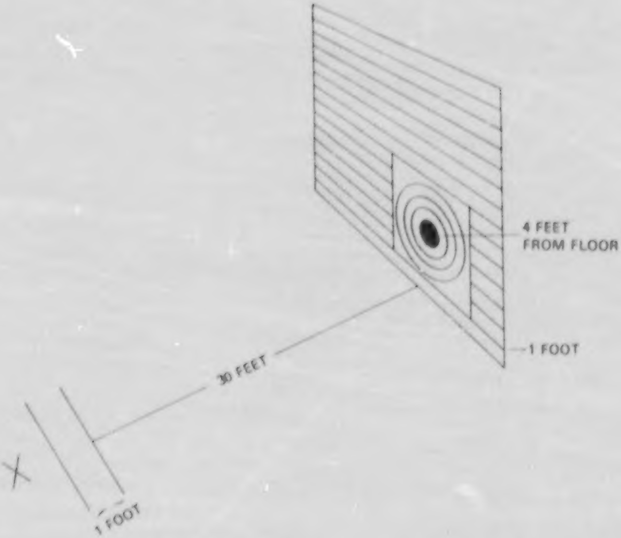

Figure 1.

In order to measure velocity, tape is placed on the wall at 1 foot intervals up to 14 feet. (If these lines can be placed on the wall permanently, they can be used to measure the velocity of many other skills, such as the overarm throw and the tennis serve.) A restraining line is placed on the floor 30 feet from the wall. A second line is placed one foot in back of the restraining line. The subject stands behind the second line so that as she steps forward on the throw she will not step over the restraining line.

Administration of the Test

The student stands in back of the second line (see X on Figure 1). She is instructed to throw the ball to the center of the target as fast as possible. The student should be informed that the speed as well as the accuracy of her throws will be measured. Two practice trials and 10 test trials are given. Remind the student during the test to throw as hard as possible while striving for maximal accuracy.

Three student assistants are needed. One assistant observes and records the accuracy score. The second observes and records the wall height score, records the time reported by the timer and records the height of the student. The third assistant, the timer, must be trained to achieve satisfactory objectivity. A one-hundredth second stopwatch is used. The stopwatch is started as the ball leaves the student's hand and is stopped when the ball contacts the wall. The procedure for converting the time score to velocity scores is described in an earlier issue of the *Guide* (5).

Validity

When a test of a specific skill is developed, it can be validated on the basis of *logical validity*. Logical validity is appropriate when the desired components of the skill are precisely described and a test is designed to measure these components. In the Wisconsin Softball Pitching Test the important components of the test were identified as force and accuracy. The velocity standard was chosen on the basis of the mean velocity scores of a group of low intermediate softball players and a group of beginning players. Although no velocity scores obtained simultaneously with accuracy scores have been reported for the softball pitch, information on the underhand throw velocity for high school girls is available (2). As shown in Table 1, the velocities of the high school girls are higher at all skill levels than the velocities of the college students used in this study. One would expect higher velocity scores when the sole emphasis of the test is to measure the force component of the throw than when the test is designed to measure both force and accuracy. The accuracy standard for each group was based on a logical expectation for beginners and intermediates. The accuracy standards were unrealistically stringent, falling two standard deviations above the mean.

When selecting a test for class use the teacher is sometimes led to believe that a validity coefficient must be available for the test. This is not necessarily the case. If the primary concern is the student's ability to perform the skill outside of the game situation, how might the test be validated statistically? A fairly typical procedure is to correlate the test with a measure of playing ability, which is often assessed by judges' ratings. This procedure is questionable when the teacher does not yet expect students to perform well in the game. Certainly many more demands are placed on the player in the game

TABLE 1
Means and Standard Deviations for Velocity and Accuracy Measures

Measure	Group	N	Mean	Standard Deviation
Velocity	College Beginners	36	37.49	3.2
	College Low Intermediates	23	41.59	5.0
	High School Average	14	47.5	3.35
	High School Medium	14	52.3	4.03
	High School High	14	53.4	4.13
Accuracy	College Beginners	36	1.9	.534
	College Low Intermediates	23	1.6	.478

than in practice. Why then correlate skill in practice with skill in the game?*

Reliability

Since this test was administered in one day, only a within-day reliability estimate for ten trials can be computed. Force and accuracy measures are considered separately since feedback on each component would be more valuable to the student than a combined score. Reliability estimates for the force and accuracy measures of each group are presented in Table 2.

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*It is another question if the teacher hopes skill in practice will predict skill in the game, and another approach to test validation is necessary. However, the test is then no longer being used to measure the initial stage of skill learning. There is an inherent danger in trying to make all of our tests "game-like," which are appropriate after the student has developed some consistency in executing the skill with minimal outside demands, and are no longer appropriate when the player is advanced enough to be tested in the game situation.

TABLE 2

Reliability Estimates for Pitching Test

Measure	Group	*R for 10 Trials	*R for 15 Trials	*R for 20 Trials	Standard Error of Measurement
Velocity	Beginners	.922	.946	.959	2.81
	Low Intermediates	.961	.974	.980	3.14
Accuracy	Beginners	-.089	-.140	-.196	1.57
	Low Intermediates	.075	.109	.140	1.62

*R = Intraclass Correlation Coefficient.

Reliability estimates are intraclass correlation coefficients computed through analysis of variance procedures described by Alexander and Lindquist (1, 4). An example of the application of this model to physical education measures is presented by Safrit (6).

Reliability of velocity scores. It is well known that velocity scores generally yield high reliability estimates. Using the scores of the Wisconsin Softball Pitching Test, high reliability estimates were obtained for the velocity measures even though the test included accuracy as well as force demands. The R for the beginners was .922; for the low intermediates, .961 (Table 2). When the scores of the beginner and intermediate groups were compared using a *t* test, the velocity scores significantly differentiated between the two groups (Table 3).

Reliability of accuracy scores. In the Softball Pitching Test, the accuracy measures for both groups were markedly unreliable. The R for the beginners group was .089; for the intermediate group, .075. The estimated reliability coefficients for 15 and 20 trials indicated that increasing the number of trials would not increase the reliability of the accuracy measure. (See Table 2.) One reason for this extreme unreliability may be that the target is too difficult for beginners and low intermediates. An archery target, originally chosen because of its convenience and general availability, appears to be too complex for low levels of skill. The scores ranged from 5 to 1, and there were a

TABLE 3

Analysis of Variance Summary Tables for
Computing Reliability Estimates

Measure	Source of Variance	Sum of Squares	Degrees of Freedom	Mean Squares
Velocity (Beginners)	Individuals	3631.969	36	100.8880
	Trials	125.439	9	13.9376
	Ind. by Trials	2504.190	324	7.7290
	Total	6261.609	369	
Velocity (Low Intermediate)	Individuals	5570.069	22	253.1849
	Trials	63.794	9	7.0882
	Ind. by Trials	1979.222	198	9.9961
	Total	7613.095	229	
Accuracy (Beginners)	Individuals	79.6972	35	2.2770
	Trials	25.1139	9	2.7904
	Ind. by Trials	777.3853	315	2.4678
	Total	882.1972	359	
Accuracy (Low Intermediate)	Individuals	62.7913	22	2.8541
	Trials	12.8522	9	1.4280
	Ind. by Trials	532.9476	198	2.6916
	Total	608.5913	229	

great many zero scores. These factors acted to reduce the variability between subjects, which was similar to the variability within subjects. In other words, the students varied as much over trials as they did among themselves. (See Table 3.) It may also be necessary to test on two or more days in order to obtain satisfactory reliability estimates for the accuracy measure. Even though the accuracy scores were not reliable, the difference between the means of the two groups was statistically significant at the .05 level.

Recommendations for Testing

The WSPT is valid for beginners and low intermediates on the basis of logical validity. However, since the accuracy measure is not reliable, the accuracy scores should not be used to make final decisions about students. The velocity measure is reliable and adequately differentiates between the two skill levels. To assess the skill of softball pitching, testing both the accuracy and velocity components is recommended (since the demands of the skilled performance include both speed and accuracy), but only the velocity scores should be utilized as summative evaluation measures. In this way, the teacher will have a meaningful measure of pitching skill without depriving the student of feedback on the accuracy of performance. This procedure should be considered temporary until a more adequate target (larger scoring areas covering more wall space) is developed.

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Formative Evaluation Measures in Softball

PEGGY CHAPMAN

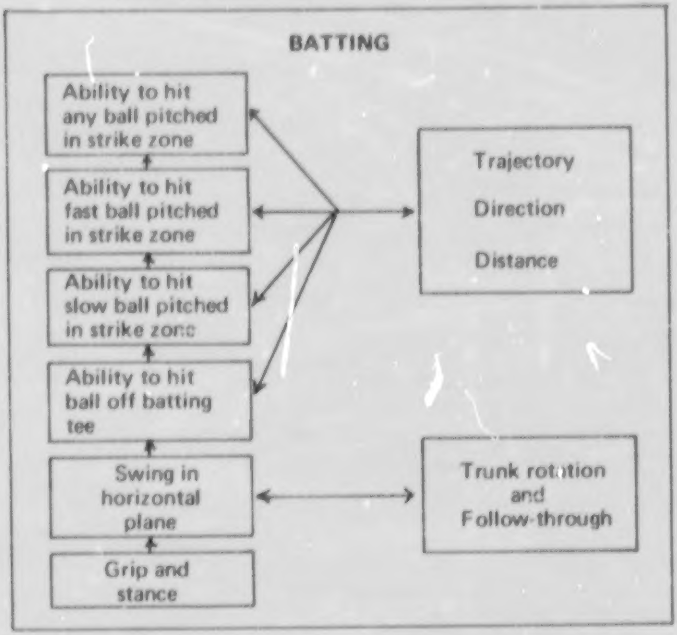
Peggy Chapman received her B.S. from Western Illinois University, Macomb. She received her M.S. from the University of Wisconsin, Madison, and is currently enrolled there as a Ph.D. candidate. Peggy is the supervisor of health and physical education for Madison Public Schools in Madison, Wisconsin.

Evaluation, in the usual sense of the word, occurs at the end of an instructional unit, generally for the purpose of assigning grades. Although this evaluation is no doubt necessary, the obvious limitation is that there is no opportunity to modify the instructional process if the results reveal that the objectives of the unit have not been achieved. Therefore, it would be useful to consider ways to supplement this type of terminal evaluation with a procedure that would enable the teacher to monitor the progress of the students during the learning process and to modify her instruction accordingly. This monitoring process, also a type of evaluation, would then become an integral part of the teaching process with each instructional decision made on the basis of the information gained. The terms "formative" and "summative" are used to distinguish between these two types of evaluation.

The terms were first used by Scriven (4) in the context of evaluating curricular innovations. He used formative to refer to the evaluation activities that take place during the curriculum development process and summative to refer to the evaluation of the final product after implementation. These terms have since been applied to the instructional process (1), with formative evaluation referring to the evaluation that takes place during the learning process and summative evaluation as the evaluation that takes place at the end of a unit or program. The concept of summative evaluation in physical education is described in the preceding article (2).

Although the concept of formative evaluation is not new to physical educators, the systematic application of this type of evaluation is not common in our field at the present time. The purpose of this article is to describe its application to the teaching of softball.

According to Bloom and his associates (1), the first step in developing formative evaluation measures is to break down the unit into subunits. In softball, these subunits would most likely be batting, pitching, throwing, fielding, base-running, and so on. The next step is to identify tasks within each subunit and to order these tasks in an hierarchical sequence according to difficulty. The subunit of batting is used here as an example.


BATTING
Ability to hit any ball pitched in strike zone
Ability to hit fast ball pitched in strike zone
Ability to hit slow ball pitched in strike zone
Ability to hit ball off batting tee
Swing in horizontal plane
Grip and stance
Trajectory
Direction
Distance
Trunk rotation and Follow-through

Hierarchical ordering should suggest that attainment of a skill at any level depends upon the ability to perform the prerequisite skills. Therefore, formative evaluation measures would have to be developed which would indicate whether or not the prerequisite skills have been mastered. This raises the question of what level of performance must be demonstrated to reflect mastery of the skill. To answer this question the teacher will need to specify standards. Let us consider, for instance, the task of hitting the ball off the batting tee. The teacher may specify the following standard as evidence that the skill has been mastered:

The student will be able to hit the ball out of the infield into fair territory at least seven out of ten times.

In the initial stages of learning she may not be concerned with the trajectory of the ball or the direction and distance that it is hit, as long as it is hit into the outfield. Later the teacher may wish to increase the difficulty of the task by specifying that the trajectory be a line drive rather than a pop-fly, or that the direction be specifically to right, left, or center field. For the purposes of our example let us assume that the student is a beginner, has just patterned the swing, and is concerned now only with striking the ball off the tee into the outfield.

When the standard has been specified, Bloom and his associates (1) suggest that the student should be marked on a mastery or nonmastery basis. However, an either/or method of marking gives very little information to the student or the teacher. It would be more valuable to know that the student was successful 4 out of 10 times than to know simply that the skill was not mastered according to the standard specified. Therefore as Safrit (3) suggests, the teacher could identify mastery levels as steps toward achieving the ultimate goal. Mastery levels in our example might be specified as follows:

Ability to hit the ball off the batting tee into outfield:

Mastery Level I — 7 out of 10 times
Mastery Level II — 6 out of 10 times
Mastery Level III — 5 out of 10 times

The teacher may require that the student perform at least at Level III before moving on to practice the next task which may be hitting a pitched ball. Some teachers may require that the student stay with this task and work on trajectory and direction before moving on. In other words, each teacher will need to develop her own formative evaluation measures and mastery levels based upon her own teaching techniques and the group of students with whom she is working. It is possible for teachers to differ on the formative evaluation measures that they develop and still be working toward common departmental or district goals. The differences are desirable since they reflect the teacher's preferred method of teaching.

When formative evaluation measures have been developed for each task in the subunit and levels of mastery have been determined, forms can be developed whereon the student may keep a record of her day-to-day performance in each task. The teacher and the student can analyze together the progress the student is making. If no progress is evident, the teacher can help the student diagnose the learning problem and prescribe alternate learning activities. The diagnosis may indicate that the student had not adequately mastered the prerequisite tasks; or that she needs more practice time on that task than on some others, or that she may benefit from observing the swing of a skilled performer on a loop film; or that she needs to view a video-taped playback of her own performance; or any number of other learning activities.

The technique of formative evaluation can be especially useful in teaching softball. Since there are many different skills to be learned and since there are wide differences in ability among individuals on each of the skills, instruction can be more meaningful if the teacher uses this technique as a way of individualizing instruction. Formative evaluation measures can become the actual practice situations for each of the skills. Stations can be set up at various locations to allow practice on all of the skills at the same time. Students may rotate among the stations practicing all the skills, or they may stay at one particular stations where their skills are weakest. A study of the day-to-day records of their performance enables the teacher to decide which students need individual help, and which skills are weakest and need more practice. Because the student knows exactly what is expected, she can work on her own, becoming less dependent on the teacher to direct her practice. In addition, since the student has been receiving continual feedback on her performance, she knows exactly how much she has progressed on each skill and has a good indication of how she will perform on the summative measures.

Successful application of the concept of formative evaluation requires that we recognize that evaluation can serve a broader purpose than the assigning of grades. When viewed as a technique to diagnose learning difficulties and to prescribe learning activities consistent with the student's level of ability and rate of learning, evaluation becomes vitally important to the students in the improvement of motor skills and to the teacher in the improvement of instruction.

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LIVIA E. DIAZ

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Revised by SUSAN E. HICKS

Susan Hicks received her B.S. degree from East Stroudsburg State College, East Stroudsburg, Pa., and her M.A. degree from the University of Northern Colorado, Greeley. She is presently an instructor of physical education at Adirondack Community College, Glens Falls, N.Y.

Prices listed are subject to change. The prices are approximate when two or more film sources are listed since prices vary among sources and areas of the country.

Numbers in parentheses refer to film distributors listed at end of the article. Age level: E—elementary, J—junior high school, S—senior high school, C—college.

16mm Films

Batter Up. 20 min., sd., color. Rental $5.75 (7). Analyzes the styles and techniques of baseball's greatest hitters. J,S,C.

Fundamentals of Softball Pitching. 1 reel, sd., b&w. Rental $10 (6). Girls are shown in pitching and catching. Correct motions are analyzed in detail through slow motion and unique camera angles. Excellent instruction film. J, S, C.

Girls, Let's Learn Softball. 20 min., sd., b&w. Rental $4.90 (9). Shows how skill demonstrations and imitation develop better form and greater skill. For teachers and students. J, S, C.

Know Your Baseball. 27 min., sd., color or b&w. Rental $7.50 (8). Stop action, split screen and instant replay are used to present playing situations relating to various rules of baseball (some applicable to softball). S, C.

Know Your Baseball. Series of eight films, 10-22 min., sd., color. Rental $7.50 to $16 apiece (1, 5). Instruction given on playing various field positions, batting and base-running, and conditioning. Narrated by Ethan Allen. J, S, C.

Softball. 16 min., si., color. Sale only, $40 (1). Use of the single-concept approach and slow motion photography to present basic softball skills. J, S, C.

Softball for Girls. 11 min., sd., b&w. Rental $3 (7). The fundamental skills of throwing, catching, batting and fielding are shown in a girls' intramural game situation. Individual skills and coordinated team play are pointed out. J, S, C.

Softball Fundamentals. 12 min., sd., b&w. Rental $4.50 (7) Junior high school girls demonstrate the individual techniques of batting, throwing, pitching, running bases and fielding. E, J, S.

Softball Fundamentals for Elementary Schools. 10 min., sd., b&w. Rental $3 (4, 7, 9). Demonstrations are presented on batting stance, controlling the softball, bat selection, catching a fly ball, judging height and speed of the ball, basic rules and safety measures. E, J.

Women's Championship Games. B&w unless noted. Free loan (2).

- a. *Women's National Championship Games* — 1961, 1962, 1965 (color). Each film 30-45 min.
- b. *Women's International Championship Games* — 1965, 1970 (color). Each film 30-45 min.

Youth Softball Film. 30 min., sd., color. Free loan (2). A special film produced to encourage youngsters to participate in the Youth Softball Programs. E, J, S.

Film Loops

Ethan Allen Baseball Instructional Loops. Series of 30 Super 8mm films, color. Sale $21 *ea.* (3). This new series of single concept films covers catching, baserunning, outfielding, training and conditioning. S, C.

Softball. Super 8mm, color, si. Sale $25 (1). This film is part of a series on physical education basic skills. Slow motion photography is utilized. J, S, C.

Teaching Aids

Bolt, Martha Lynn. Softball for the blind student. *JOHPER* 41:40, June 1970. This article presents field markings for blind students.

Film Distributors

1. AIM Instructional Media Services, Inc., P.O. Box 1010, Hollywood, Calif. 90028.
2. Amateur Softball Association, 2801 N.E. 50th, P.O. Box 11437, Oklahoma City, Okla. 73111.
3. Association-Instructional Materials, 69 W. Washington, Chicago, Ill. 60602 (Sales office). Ten film exchanges and offices nationwide.
4. Audiovisual Instruction, Div. of Continuing Education, Gill Coliseum 133, Corvallis, Ore. 97331 (Western states only).
5. Crowell, Collier & Macmillan Films, Inc., 866 Third Ave., New York, N.Y. 10022.
6. Mogull's Films, Inc., 235 W. 46th St., Radio City, N.Y. 10036.

7. Mountain-Plain Educational Media Council. For film outlets, contact University of Nevada, Reno; University of Wyoming, Laramie; University of Colorado, Boulder; or University of Utah, Salt Lake City. Double rental fees east of the Mississippi.
8. Official Sports Films, Inc., 400 Leslie St., Elgin, Ill. 60120.
9. Pennsylvania State University, Audio-Visual Services, 7 Willard Bldg., University Park, Pa. 16802.

Recent Softball Research

M. NADINE ZIMMERMAN

M. Nadine Zimmerman received her B.S. degree from Lock Haven State College, Lock Haven, Pa., her M.S. degree from the University of Pennsylvania, Philadelphia and her Ph.D. degree from the University of Wisconsin. She is presently an associate professor at Northern Illinois University in DeKalb and is a member of the 1974-76 DGWS Softball Guide Committee.

Most of the research presented here appears in three AAHPER publications and periodicals. They are *Completed Research in Health, Physical Education, and Recreation, Abstracts of Research Papers* and the *Research Quarterly.*

Completed Research in Health, Physical Education, and Recreation

Baughman, Larry G. Two methods of determining the effects of sighting dominance on baseball hitting. Master's thesis, Univ. of Maryland, College Park, 1968, 58 pp.

Subjects in the first phase of this study were given the Duranc-Gould Hale in the Card Test and the Porta Rosenbach Alignment Test for eye dominance. The hand used for batting was designated as the preferred hand. Varsity baseball players (N=26) hit balls projected from an automatic pitching machine, and were scored according to placement of line drives in specific parts of the field. No significant differences were found between unilateral and crossed dominant hitters, although there was a significant difference in favor of using both eyes as compared to using only the dominant or nondominant eye. In the second phase, the records of 58 members of the International Baseball League were examined concerning their batting average, total strikeouts and total bases on balls for the entire season. The crossed laterals achieved a significantly higher number of bases on balls than did the dominant group.

Callaway, Carolyn R. The effect of five different approaches in teaching the overhand throw for accuracy to junior high girls. Master's thesis, Univ. of North Carolina, Greensboro, 1968, 91 pp.

Dehn, Richard L. A comparison of the effectiveness of three methods of throwing a baseball for accuracy. Master's thesis, Univ. of North Dakota, Grand Forks, 1968, 66 pp.

Twenty boys from Babe Ruth and Rookie League baseball programs participated in the study. The test activity included fielding ground balls from different angles and throwing for accuracy using the overhand, sidearm or underarm throw. The use of the overhand throw resulted in the most skillful performance when fielding and throwing a baseball for accuracy regardless of direction from which the ball approached. Also, a test-retest comparison indicated no significant difference, indicating reasonable consistency in the test results.

Deutsch, Helga M. A comparison of women's throwing patterns. Doctoral dissertation, Univ. of Illinois, Urbana, 1969, 150 pp.

Elrod, Joe M. Construction of a softball skill test battery for high school boys. Master's thesis, Louisiana State Univ., Baton Rouge, 1969, 67 pp.

Ferrer, Alfred J. The effects of specific stretching exercises on outfield throwing proficiency among selected high school baseball players. Master's thesis, Chico State, Chico, Calif., 1970, 53 pp.

French, Larry D. A study to determine the relationships among trunk rotation strength, leg strength, and the velocity of swinging a baseball bat. Master's thesis, Springfield College, Springfield, Mass., 1970, 40 pp.

Garman, Judith F. A study of attitudes toward softball competition for women. Master's thesis, Univ. of California, Santa Barbara, 1969.

Gordon, Roy M. A comparison of performance times of batting swing from three starting bat positions. Master's thesis, Springfield College, Springfield, Mass., 1970, 49 pp.

Herman, Leslie A. The effects of three baseball batting stances upon reaction time and movement time. Master's thesis, Illinois State Univ., Normal, 1968, 47 pp.

Hoitsma, Harry M. A study of the effectiveness of selected teaching methods on the ball throwing accuracy of primary grade children. Doctoral dissertation, New York Univ., New York, 1968, 205 pp.

Moore, Archie F., Jr. A comparison of two fielding techniques by baseball outfielders. Master's thesis, Springfield College, Springfield, Mass., 1970, 55 pp.

Schneider, Duane A. A mechanical analysis of baseball batting. Master's thesis, Chico State College, Chico, Calif., 1969, 90 pp.

Sopa, Adeline. Construction of an indoor batting skills test for junior high girls. Master's thesis, Univ. of Wisconsin, Madison, 1967, 80 pp.

The proposed indoor test and outdoor test were administered to 58 seventh grade girls and 58 eighth grade girls. The results of their attempts to hit a ball with maximum force from a batting tee were studied in terms of the initial velocity and horizontal velocity of the ball for five consecutive and five successful trials. The reliability estimates for the initial velocity and horizontal velocity scoring methods were low and similar.

Torres, Judith A. A relationship between figure-ground perceptual ability and ball catching ability in ten- and thirteen-year-old boys and girls. Master's thesis, Purdue Univ., Lafayette, Ind., 1966, 93 pp.

Verdun, Albert R. A comparative investigation of two approaches to first base. Master's thesis, California State College, Long Beach, 1968, 44 pp.

Woodward, William F. A comparison of base-learning methods in baseball. Master's thesis, Florida State Univ., Tallahassee, 1970, 26 pp.

Abstracts of Research Papers

Atwater, Anne E. Cinematographic analysis of overarm and sidearm throwing patterns. Presented at National AAHPER convention, St. Louis, 1968.

Atwater, Anne E. Kinematic aspects of overarm throwing skill in adult men. Presented at National AAHPER convention, Detroit, 1971.

Cobb, Robert A. The effects of selected visual conditions on throwing accuracy. Presented at National AAHPER convention, Houston, 1972.

Hoffman, Hubert A. The effect of instruction and practice on throwing ability of primary grade children. Presented at National AAHPER convention, Detroit, 1971.

Rothstein, Herbert H. The overarm throw in poorly skilled college women. Presented at National AAHPER Convention, Seattle, 1970.

Straub, William F. Effect of overload training procedures upon the velocity and accuracy of the overarm throw. Presented at National AAHPER convention, St. Louis, 1968.

Sullivan, William J. The effect of three experimental training factors upon baseball throwing velocity. Presented at National AAHPER convention, Detroit, 1971.

Research Quarterly and Ergonomics

Brase, D. E. and Hanson, D. L. Effects of overload training on velocity and accuracy of throwing. *Research Quarterly* 38:528-533, Dec. 1967.

Cotten, Doyice and Chambers, Eugene. A comparison of three methods of administering the softball throw. *Research Quarterly* 38:366-374, Oct. 1968.

Malina, Robert M. Reliability of different methods of scoring throwing accuracy. *Research Quarterly* 39:149-160, March 1968.

Scannell, Robert J. Transfer of accuracy training when difficulty is controlled by varying target size. *Research Quarterly* 39:341-350, May 1968.

Straub, William F. Effects of overload training procedures upon velocity and accuracy of the overarm throw. *Research Quarterly* 39:370-379, May 1968.

Whiting, H. T. A. Training in a continuous ball throwing and catching task. *Ergonomics* 375-382, July 1968.

OFFICIATING SERVICES AREA

OSA (Officiating Services Area)—This area, one of seven in the DGWS structure, is devoted to the training and rating of officials. Its Executive Board, which meets annually prior to the AAHPER national convention, is composed of:

1. A *chairman*, a *chairman-elect*, and a *past chairman*. The chairman-elect is elected in an open meeting at the national convention.
2. A *secretary*, who sends rating cards to boards and receives applications for new boards. She is elected by mail ballot in alternate years by the local boards of officials.
3. A *treasurer*, who is responsible for collecting board dues. She also is elected by mail ballot in alternate years by the local boards of officials.

P & T of O (Principles and Techniques of Officiating)—This committee is concerned with the methods used by referees, umpires, and judges to officiate games and matches. The P & T of O chairman is a member of and is selected by the Executive Board. A subcommittee in each sport is responsible for evaluating and revising the officiating techniques and for writing the Techniques of Officiating article published in its respective sports guide. Membership is by appointment. If you have questions concerning the techniques of officiating, write to the appropriate P & T of O chairman.

E & R (Examinations and Ratings)—There is an E & R committee for each of the nine sports in which ratings are given. Each chairman and her committee are responsible for preparing, revising, and analyzing the officiating theoretical examinations. The general chairman and an associate chairman (who is the E & R chairman-elect) coordinate the subcommittees and compile the general material for the sports packets. The chairman of E & R is an appointed member of the OSA Executive Board. If you need information regarding the study questions in the Guides or a question in the examination, write to the appropriate E & R chairman.

E & P (Editorial and Publications)—This committee is responsible for editing the OSA portion of the Guides. The chairman is appointed for a two-year term of office and is a member of the Executive Board.

DOC (District Officiating Coordinator)—There is one DOC in each of the six districts of AAHPER. She serves as liaison between the boards of officials in her district and the OSA Executive Board. The DOC is elected at her AAHPER district convention and serves on the Executive Board.

Boards (Affiliated and Provisional Boards of Women Officials)—These boards are made up of organized groups of women throughout the United States who are authorized to give ratings. A listing of these boards follows.

OFFICIATING EXECUTIVE BOARD
1973-1974

Chairman: MARY ROLAND GRIFFIN, Winthrop College, Rock Hill, S.C. 29730 (1973-74)

Past Chairman: ELSIE J. COBB, North Texas State Univ., Denton 76203 (1973-74)

Chairman-elect: MARY BELL, Northern Illinois Univ., DeKalb 60115

Secretary: VIRGINIA HUNT, College of Wooster, Wooster, Ohio 44691

Treasurer: ALICE SULLIVAN, East Providence High School, East Providence, R.I. 02914

Chairmen of Standing Committees

Principles and Techniques of Officiating: PATRICIA DUNCAN, 409 N. Elmwood, Kansas City, Mo. 64123

Examinations and Ratings: JACKIE SHICK, Univ. of Minnesota, Minneapolis 55455

Associate Chairman: NANCY LAY, Univ. of Tennessee, Knoxville, Tenn. 37916

Editorial and Publications: KAREN JOHNSON, California State College, Los Angeles, Calif. 90032 (1973-75)

District Officiating Coordinators

Central: WANDA GREEN, Univ. of Northern Iowa, Cedar Falls 50613 (1972-74)

Elect: LINDA TUFUESSON, Black Hills State College, Spearfish, S.D. 57783 (1974-76)

Eastern: BETTY LOGAN, Rampo College of N.J., Mahwah, N.J. 07430

Midwest: NORMA JEAN JOHNSON, Indiana Univ., Bloomington 47401

Northwest: JEAN NEELY, Eastern Oregon College, La Grande 97850 (1972-74)

Elect: MARLENE ADRIAN, Washington State Univ., Pullman 99163

Southern: AILEEN BRITTON, Edward White Senior High School, Jacksonville, Fla. 32210 (1972/74)

Elect: ALETHA W. BOND, Auburn Univ., Auburn, Ala. 36830

Southwest: FERN GARDNER, Utah State Univ., Logan 84321 (1972-74)

Canadian Representative

PATRICIA LAING, Pelham St. S., Fonthill, Ontario

Advisory

FRANCES KOENIG, *DGWS Vice President,* Central Michigan Univ., Mt. Pleasant 48859

JOANNA DAVENPORT, *Chairman, DGWS Sports Guides and Official Rules Committee,* Univ. of Illinois, Urbana, Ill. 61801

CHARLOTTE WEST, *Former Past Chairman, OSA,* Southern Illinois Univ., Carbondale 62901

PRINCIPLES AND TECHNIQUES OF OFFICIATING COMMITTEE

PATRICIA DUNCAN, *Chairman,* 409 N. Elmwood, Kansas City, Mo. 64123

- *Elect:* ANNE J. WINTER, Univ. of Wisconsin, Lacrosse 54601
- *Badminton:* JEAN PANKONIN, Illinois State Univ., Normal 61761
- *Basketball:* SHIRLEY DUNCAN, 9313 Winbourne Rd., Burke, Va. 20015
- *Gymnastics:* DELENE DARST, 7678 Cathedral Hill Dr., Cincinnati, Ohio 45244
- *Softball:* ELSIE WULF, Franklin Township Junior High School, Wanamaker, Ind. 46239
- *Swimming:* NANCY J. O'CONNOR, Colorado State Univ., Ammons Hall, Ft. Collins 80521
- *Synchronized Swimming:* HOLLIS C. SZABO, Univ. of Vermont, Burlington 05401
- *Tennis:* ANNE PITTMAN, Arizona State Univ., Tempe 85281
- *Track and Field:* BONNIE PARKHOUSE, Univ. of Minnesota, Minneapolis 55455
- *Volleyball:* KAY CORCORAN, College of Mt. St. Joseph, Mt. St. Joseph, Ohio 45051

EXAMINATIONS AND RATINGS COMMITTEE

JACKIE SHICK, *Chairman,* Univ. of Minnesota, Minneapolis 55455

- *Badminton:* JEANETTE WIESER, Sam Houston State Univ., Huntsville, Texas 77340
- *Basketball:* RITA SMITH, 9873 McBroom St., Sunland, Calif. 91040

Associate: FLORA BRUSSA, East Los Angeles College, Los Angeles 90022
Gymnastics: VARINA FRENCH, Rte. 1, Box 245, Forest Grove, Ore. 97116
Associate: SUE AMMERMAN, 97 Lions Head East, Wayne, N.J. 07470
Tennis: CLAUDIA GIACOMINI, Sequoia High School, Redwood, City, Calif. 90263
NANCY LAY, *Associate Chairman,* Univ. of Tennessee, Knoxville 39716
Softball: DONNA LAPINANO, 877 E. 24th St., Brooklyn, N.Y. 11210
Swimming: ANN FULLILOVE, Women's Gym 12, Univ. of Texas, Austin 78712
Synchronized Swimming Co-Chairmen: ANNE WINTER, Wisconsin State Univ., La Crosse 54601
Track & Field: MARY ELLEN, Concordia College, Moorhead, Minn. 56560
Volleyball: JOANNE FORTUNATO, Brooklyn College, Brooklyn, N.Y. 11210
Associate: CAROL WACKER, 2301 Benson St., Philadelphia, Pa. 19152

SOFTBALL PRINCIPLES AND TECHNIQUES OF OFFICIATING COMMITTEE

ELSIE WULF, *Chairman,* 7615 E. Southport Rd., Indianapolis, Ind. 46259
MARION BLACKINGTON, Western Illinois Univ., Macomb 61455
DOREEN ST. CLAIR, Franklin College, Franklin, Ind. 46131

SOFTBALL EXAMINATIONS AND RATINGS COMMITTEE

DONNA A. LOPIANO, *Chairman,* Brooklyn College, CUNY, Brooklyn, N.Y. 11210
CAROLYN FITZWATER, Grant High School, 2245 NE 36th Ave., Portland, Ore. 97212
LORENE RAMSEY, Illinois Central College, East Peoria 61611
BRENDA A. REILLY, Central Connecticut State College, New Britain, Conn.
ELLEN SAPPINGTON, Southern Illinois Univ. at Edwardsville, Edwardsville, Ill. 62025
JACQUELINE SHICK, Univ. of Minnesota, Minneapolis 55455

AFFILIATED BOARDS OF OFFICIALS
1973-74

All Boards of Women Officials affiliated with the Officiating Services Area are listed by districts on the following pages. Names and addresses of board chairmen are included. Upon request, the board chairman will supply a list of names, addresses, and telephone numbers of sports chairmen and rated officials who are members of the board.

Sports for which a board is authorized to give ratings are listed for each board. An asterisk after a sport indicates that the board has provisional status in that sport and can award only Apprentice and Intramural ratings. The board has affiliated status in each sport and can award any rating from the Intramural to the National level, except for those sports designated by an asterisk.

The Examinations and Ratings chairman will send the current examination packet to the chairman of each board who submits her annual report.

CENTRAL DISTRICT

District Officiating Coordinator: Wanda Green,
Univ. of Northern Iowa, Cedar Falls, Iowa 50613 (1972-74)

COLORADO

Colorado Board of Women Officials

Chairman: Gloria Rodriguez, Univ. of Northern Colorado, Greeley 80631 (1973-75)

Ratings given in basketball, tennis, track and field, volleyball, softball*.

IOWA

Iowa City Board of Women Officials

Chairman: Carol Ogden, Women's Gym, Univ. of Iowa, Iowa City 52240 (1973-74)

Ratings given in basketball, softball*, swimming, synchronized swimming, volleyball.

Northeast Iowa Board of Women Officials

Chairman: Wanda Green, Univ. of Northern Iowa, Cedar Falls, Iowa 50613 (1973-74)

Ratings given in basketball, softball, volleyball.

KANSAS

Lawrence Board of Women Officials

Chairman: Marlene Mawson, Robinson Gym., Univ. of Kansas, Lawrence 66044 (1973-74)

Ratings given in basketball, volleyball, softball*.

MINNESOTA

Minnesota Board of Women Officials

Chairman: Ruth Ann Christianson, 4042-26 Ave. South, Minneapolis 55400 (1972-74)

Chairman-elect: Jacqueline Shick, 218 Cooke Hall, Univ. of Minnesota, Minneapolis 55455

Ratings given in basketball, swimming, gymnastics, synchronized swimming, volleyball, softball.

MISSOURI

Mid-Missouri Board of Women Officials

Chairman: G. Jean Cerra, Stephens College Phy. Ed & Recreation Dept., Columbia 65201

Chairman-elect: G. Jean Cerra (same as above)

Ratings given in basketball, softball, volleyball.

St. Louis Board of Women Officials

Chairman: Judy Lowery, 455A South Clay, Kirkwood 63122 (1973-75)

Ratings given in basketball, softball, volleyball.

NEBRASKA

Lincoln Board of Women Officials

Chairman: Viola Bahls, Concordia Teachers College, Seward 68434 (1972-74)

Chairman-elect: Myreen Loveless, Univ. of Nebraska at Lincoln, Lincoln 68508

Ratings given in basketball, softball, volleyball.

EASTERN DISTRICT

District Officiating Coordinator: Betty Logan,
Ramapo College of N.J., Mahwah, N.J. 07430 (1973-75)

CONNECTICUT

Greater New Haven Board of Women Officials

Chairman: Louise Albrecht, 500 Cresent Street, New Haven 06515 (1973-74)

Chairman-elect: Judy Deeb, 139 Harbor St., Branford 06405

Ratings given in softball*, basketball, volleyball, gymnastics, swimming, track & field.

Southwest Connecticut Board of Women Officials

Chairman: Ann Deluca, Notre Dame Girls High School, 238 Jewett Ave., Bridgeport 06602 (1972-74)

Ratings given in basketball, softball, volleyball.

DISTRICT OF COLUMBIA

District of Columbia Board of Women Officials

Chairman: Barbara Drumm, 9799 Goodluck Road, #5, Seabrook Md. 20801 (1973-75)

Ratings given in basketball, gymnastics, softball, swimming, volleyball.

MARYLAND

Baltimore Board of Women Officials

Chairman: Joanne Murray, 3900 Beech Ave., Baltimore 21211 (1973-74)

Ratings given in basketball, softball, swimming, volleyball.

MASSACHUSETTS

Boston Board of Women Officials

Chairman: Janice Bruce, 310 Lowell St., Reading 01867 (1972-74)

Ratings given in basketball, gymnastics, softball, track and field, volleyball.

NEW JERSEY

Central New Jersey Board of Women Officials

Chairman: Jill Carson, Old York Road, Columbus, N.Y. 08022

Ratings given in basketball, softball*, volleyball.

North Jersey Board of Women Officials

Chairman: Doris Meyer, 52 Ryder Lane, New Brunswick 08816 (1973-74)

Ratings given in basketball, gymnastics, softball, swimming, volleyball.

West Jersey Board of Women Officials

Chairman: Beatrice Thomas, 606 Maple Court, Moorestown 08057

Ratings given in basketball, softball, swimming.

NEW YORK

Capital District Board of Women Officials

Chairman: Claudia Alexander, 104 South Street, Ballston Spa 12020 (1973-75)

Ratings given in basketball, gymnastics, softball*, volleyball.

Central New York Board of Women Officials

Chairman: Doris Kostrinsky, Ithaca College, Ithaca 14850 (1972-74)

Ratings given in basketball, gymnastics, softball, swimming, track and field, volleyball.

Central Western New York Board of Women Officials

Chairman: Elaine Brigham, Univ. of Rochester, Rochester 14627 (1973-74)

Chairman-elect: Rita Ochs, 650 Elmwood Terrace, Rochester 14620

Ratings given in basketball, gymnastics, swimming, volleyball, softball*.

Finger Lake Board of Women Officials

Chairman: Betty Lacey, Auburn High School, Lake Ave., Auburn 13021 (1972-74)

Chairman-elect: Karen Stadeck, Auburn High School, Lake Ave., Auburn 13021

Ratings given in basketball, gymnastics, softball.

Long Island Board of Women Officials

Chairman: Marie Jensen, 20 Pond Rd., Woodbury 11797 (1973-74)

Chairman-elect: Patricia McMullen, 132 Herbert Ave., Lindenhurst 11757

Ratings given in basketball, gymnastics, softball, swimming, volleyball.

New York Board of Women Officials

Chairman: Grace M. Rosa, 162-10 Powells Cove Blvd., Whitestone 11357 (1972-74)

Ratings given in basketball, gymnastics, softball, volleyball.

Suffolk Board of Women Officials

Chairman: Terry Fishberg, 5 Country Squire Court, Dix Hills 11746 (1973-74)

Chairman-elect: Patricia L. Burns, 281 South Bayview Ave., Amityville 11701

Ratings given in basketball, gymnastics, softball, volleyball.

PENNSYLVANIA

Philadelphia Board of Women Officials

Chairman: Eleanor Snell, Lucas Road, Rt. 2, Phoenixville 19460 (1972-74)

Ratings given in basketball, gymnastics, softball, swimming, volleyball.

Pittsburgh Board of Women Officials

Chairman: Marianne Jennis, 1321 Middle Street, Pittsburgh 15215 (1973-74)

Chairman-elect: Pat Mellett, 4601 Baum Blvd., Pittsburgh 15213

Ratings given in basketball, softball, volleyball.

VERMONT

Vermont Board of Women Officials

Chairman: Ruth Paul, 71 Cayuga Ct., Burlington 05401

Ratings given in basketball, gymnastics, softball*, volleyball.

MIDWEST DISTRICT

District Officiating Coordinator: Norma Jean Johnson,
Indiana Univ., Bloomington, Indiana 47401 (1973-75)

ILLINOIS

Central Illinois Board of Women Officials

Chairman: Nancy Lynn Shay, 1304 W. Jefferson, Apt. 5, Washington 61571 (1973-75)

Ratings given in badminton, basketball, gymnastics, softball, track and field, volleyball.

Northern Illinois Board of Women Officials

Chairman: Judith Kretzschmar, 7301 West Fullerton Ave., Elmwood Park 60635 (1972-74)

Chairman-elect: Judith Kretzschmar (same as above)

Ratings given in basketball, gymnastics*, softball, swimming, track and field*, volleyball.

Rock River Board of Women Officials

Chairman: Lou Jean Moyer, Northern Illinois Univ., DeKalb 60115 (1972-74)

Chairman-elect: Anne Payne, Northern Illinois Univ., DeKalb 60115

Ratings given in basketball, softball, volleyball.

South Suburban Board of Women Officials

Chairman: Margaret Kelso, 7900 Division, Rosary College, River Forest (1973-75)

Ratings given in basketball*, softball*, swimming, track and field*, volleyball.

Southwestern Illinois Board of Women Officials

Chairman: Babette Marks, 3200 Mission Road, Alton 62002 (1973-74)

Ratings given in basketball, softball, volleyball.

Western Illinois Board of Women Officials

Chairman: Dorothy Cohen, Sherman Hall, Western Illinois Univ., Macomb 61455

Ratings given in basketball, softball*, volleyball.

INDIANA

Wabash Valley Board of Women Officials

Chairman: Doris Breitenfeld, Indiana State Univ., Terre Haute 47809 (1972-74)

Ratings given in basketball, softball*, volleyball.

OHIO

Central Ohio Board of Women Officials

Chairman: Beverly McMahon, P.O. Box 214, Marysville 43040 (1972-74)

Ratings given in basketball, volleyball, gymnastics*, softball*.

Cleveland Board of Women Officials

Chairman: Judy Bruning, Cleveland Heights High School, 13263 Cedar Road, Cleveland Heights 44118 (1973-75)

Ratings given in basketball, gymnastics, softball, track and field, volleyball, synchronized swimming.

Quint County Board of Women Officials

Chairman: Helen Ludwig, Ohio Northern Univ., Ada 45810

Ratings given in basketball, softball*, volleyball.

WISCONSIN

Milwaukee Board of Women Officials

Chairman: Nancy Nelson, Milwaukee Lutheran High School, 9700 West Grantosa, Milwaukee 53222 (1972-74)

Ratings given in basketball, softball, track and field, volleyball.

NORTHWEST DISTRICT

District Officiating Coordinator: Jean Neely,
Eastern Oregon College, LaGrande, Ore. 97850 (1972-74)
Elect: Marlene Adrian, Washington State University,
Pullman, Washington 99163

IDAHO

Southeastern Idaho Board of Women Officials

Chairman: Janice Harrop, Ricks College, Rexburg 83440 (1972-74)

Chairman-elect: Ann Hancock, 124 S. First W, Rexburg 83440

Ratings given in basketball, softball, volleyball.

WASHINGTON

Puget Sound Board of Women Officials

Chairman: Lenore J. Wilkinson, 3401 37th SW #8, Seattle 98126

Ratings given in basketball, softball, volleyball.

Tacoma Board of Women Officials

Chairman: Joyce Wolf, 8128 Bridgeport Way SW, Apt. F, Tacoma 98499

Ratings given in basketball, softball*, volleyball*

SOUTHERN DISTRICT

District Officiating Coordinator: Aileen Britton,
Edward H. White Sr. High,
1700 Old Middleburg Rd., Jacksonville, Fla. 32210 (1972-74)
Elect: Aletha Bond, Auburn Univ., Auburn, Ala. 36830

FLORIDA

Greater Miami Board of Women Officials

Chairman: Nancy Cotton, 1252 SW 74th Ave., Miami 33166 (1972-74)

Chairman-elect: Judy Blucker, Florida International Univ., Tamiami Trail, Miami 33145

Ratings given in basketball, volleyball, badminton, softball.

LOUISIANA

Northwest Louisiana Board of Women Officials

Chairman: Mary W. Farris, Northwest State Univ., Natchitoches 91457

Chairman-elect: Lee Lewis, Northwest State Univ., Natchitoches 91457

Ratings given in basketball, softball, volleyball.

MISSISSIPPI

North Mississippi Board of Women Officials

Chairman: Jill Upton, Mississippi State College for Women, Columbus 39701

Ratings given in basketball*, gymnastics, softball*, volleyball, swimming, tennis.

SOUTHWEST DISTRICT

District Officiating Coordinator: Fern Gardner,
Utah State Univ., Logan, Utah 84321 (1972-74)

ARIZONA

Central Arizona Board of Women Officials

Chairman: Dorothy Naples, Phoenix College, 1202 W. Thomas, Phoenix 85013 (1972-74)

Ratings given in badminton, basketball, softball, swimming, volleyball.

Southern Arizona Desert Board of Women Officials

Chairman: Nancy Oien, 5612 E. Spring Street, Tucson 85712 (1973-75)

Ratings given in badminton, basketball, softball, volleyball.

CALIFORNIA

Central California Board of Women Officials

Chairman: Beverly England, 2344 Moraine Circle #3, Rancho Cordova 95670 (1973-75)

Ratings given in basketball, softball*, swimming*, volleyball, gymnastics*.

Coastal Valley Board of Women Officials

Chairman: Denise Lowe, 1142 Dinipoli Dr., San Jose 95129 (1973-75)

Ratings given in basketball, softball*, swimming, volleyball, gymnastics*.

Delta Stanislaus Board of Women Officials

Chairman: Pat Mortensen, 135 Sheridan, Mantela 95336 (1973-75)

Chairman-elect: Charlotte Hortin, Ripon High School, Ripon

Ratings given in basketball, softball*, volleyball, gymnastics*, swimming*.

Long Beach Board of Women Officials

Chairman: Catherine A. Naeve, 6490 Crescent, Buena Park 90620 (1973-74)

Ratings given in basketball, softball, swimming, volleyball.

Los Angeles Board of Women Officials

Chairman: Sondra Virden, Lowell High School, 16200 Amber Valley Dr., Whittier 90631 (1973-74)

Chairman-elect: Karen Johnson, CA State Univ., Los Angeles, 5151 State Univ. Drive, Los Angeles 90032

Ratings given in basketball, softball, volleyball

Orange County Board of Women Officials

Chairman: Joanne Martin, 246 Rose Lane, Costa Mesa (1973-74)

Ratings given in basketball, softball, volleyball.

Peninsula Board of Women Officials

Chairman: Ann Stluka, 514 Palm Ave., San Francisco 94080 (1973-76)

Ratings given in basketball, softball, volleyball.

San Diego County Board of Women Officials

Chairman: Margaret Davis, Poway High School, Poway 92064 (1973-74)

Chairman-elect: Jean Sprunt, Grossmont College, 8800 Grossmont College Drive, El Cajon 92020

Ratings given in basketball, softball, volleyball.

San Fernando Valley Board of Women Officials

Chairman: Barbara Swerkes, CA State Univ., Northridge, Northridge 91324 (1973-75)

Ratings given in basketball, softball, swimming, volleyball.

NEVADA

Southern Nevada Board of Women Officials

Chairman: Brenda Morris, P.O. Box 712, Overton 89040

Chairman-elect: Matte Smith, 2331 Black Canyon #E, Las Vegas 89103

Ratings given in basketball*, softball*, volleyball*.

UTAH

Utah State Board of Women Officials

Chairman: Jane Miner, Hilcrest High School, 2730 S. 500 W., Sandy, Utah

Ratings given in basketball, softball, volleyball, gymnastics.

STANDARDS FOR OFFICIALS RATINGS

Badminton, Basketball, Softball, Swimming, Tennis, Track-Field, and Volleyball

There are four officials ratings. Each is designed to meet the needs of various levels of sports events and to stimulate interest of individuals who desire to officiate. No rating is prerequisite to any other rating.

The *Intramural rating* qualifies the holder to officiate games in the school in which she is enrolled or games of comparable level.

The *Apprentice rating* qualifies the holder to officiate games which may be adequately controlled by a competent, but inexperienced official.

The *State rating* signifies that the holder is capable of officiating any game within the state where the rating is awarded.

The *National rating* signifies that the holder is capable of officiating any game anywhere in the United States. This rating is for the most highly skilled official.

Specific requirements for all ratings are outlined below.

Intramural Official

1. Minimum standards — Set by Affiliated Board.
2. Duration — two years from next June 1.

Apprentice Official*

1. Minimum grades — average of theory and practical, 75.
2. Theoretical examination — national examination, minimum 74.
3. Practical examination — given by at least one State official, minimum 75.
4. Duration — Two years from next June 1.

State Official

1. Minimum grades — average of theory and practical, 80.
2. Theoretical examination — national examination, minimum 76.
3. Practical examination
   a. Practical examination — given by at least three members with a State or National rating, minimum 80.

**Note:* For a trial period of two years, Affiliated Boards shall be given the option of developing their own criteria for the Apprentice Rating.

   b. Alternate plan for basketball or volleyball (second year of trial) – after holding a State rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

National Official

1. Minimum grades – average of theory and practical, 85.
2. Theoretical examination – national examination, minimum 82.
3. Practical examinations
   a. Practical examination – given by at least three members with a State or National rating, minimum 85. (At least one of the three must have a National rating).
   b. Alternate plan for basketball or volleyball (second year of trial) – after holding a National rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

Levels of ratings for gymnastics and synchronized swimming are:

	Minimums	
Gymnastics	*Theoretical*	*Practical*
National	90	90
Regional	80	80
State	70	70
Associate	60	60
Apprentice	50	50

Duration: Until December 1976. Must judge three meets per year or a total of six meets within a two-year period to maintain status.

	Minimums	
Synchronized Swimming	*Theoretical*	*Practical*
National	90	85
Regional	80	75
Local	70	65

Fees

These fees are minimum fees recommended by the Executive Board as a guide to Affiliated Boards. These boards may set fees lower or higher than those suggested when the local situation demands an adjustment from the recommended fees. The Intramural and Apprentice fees should be set by each Affiliated Board. The fee for an Apprentice Official should not exceed that for a State Official and should reflect the difference in the level of rating.

Basketball and Softball

National – $12 plus traveling expenses for a single game. If only one official is used, the fee should be $24 plus traveling expenses.

State – $9 plus traveling expenses for a single game. If only one official is used, the fee should be $18 plus traveling expenses.

Badminton and Volleyball

National – $9 plus traveling expenses for a single match. If only one volleyball official is used, the fee should be $18 plus traveling expenses.

State – $7 plus traveling expenses for a single match. If only one volleyball official is used, the fee should be $14 plus traveling expenses.

Gymnastics

National – $10 per session, transportation, and $15 per diem.
Regional – $7.50 per session and transportation.
State – $5.00 per session and transportation.

Swimming. The recommended fees for Nationally rated swimming officials are:

When there are three officials: $6 plus traveling expenses per official for a single meet (whether dual or group); $9 plus traveling expenses per official for meets with first and second teams participating.

Where there are fewer than three officials: $9 plus traveling expenses per official for a single meet (whether dual or group); $12 plus traveling expenses per official for meets with first and second teams participating.

Dual meets: Pay referee and starter $15. Turn judge, if paid – $10.

Tennis. In compliance with the United States Lawn Tennis Association policy, no fees will be charged for officiating tennis matches, although travel expenses may be accepted.

Track and Field. It is customary for one official to be paid a minimum of $9 per session (a session shall be defined as a period of time approximately three hours in length) plus traveling expenses. In the case of shorter sessions, fees should be adjusted accordingly. When possible, other officials may be paid.

REGISTRATION OF OFFICIALS

A number of states require those who officiate either boys' or girls' interscholastic contests to be registered with the State High School Athletic Association or other administrative body. Holding a DGWS rating ordinarily does not exempt an official from complying with this regulation.

All DGWS officials who officiate any high school or junior high school games are urged to cooperate fully with their state regulatory body by registering with the proper organization and paying any required fee, by wearing the official emblem in addition to the DGWS emblem, and by complying with all requirements for sports officials.

AMATEUR STANDING OF OFFICIALS[1]

An official who wishes to maintain her amateur status as a participant in a sport must be aware of the ruling(s) on amateur status established by the governing body for that sport.

Amateur status may be defined by groups governing high school and college level competition. National organizations governing amateur competition may also have established rulings on the amateur status of the participant.

The official who wishes to maintain her status as a participant is responsible for investigating the specific regulations of the governing body who has jurisdiction over her eligibility as a participant.

Amateur Standing in Basketball, Track and Field, and Swimming

According to the Amateur Athletic Union, which has jurisdiction over amateur basketball, track and field, and swimming, any person receiving compensation for officiating in any sport renders herself ineligible for further amateur competition.

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[1] For more complete details, see *JOHPER* 39:24-27, October 1968.

An official, without jeopardizing her amateur standing, may request, receive, or accept expenses in connection with her participation in any event which shall not exceed (a) her actual expenditures for travel (eight cents per mile or first class public transportation fare) and (b) her actual expenditures for maintenance up to a non-itemized total of $10 per day.

Amateur Standing in Softball

The Amateur Softball Association has taken the position that umpires who officiate softball games and are paid for their services do not professionalize themselves and are thereby eligible to participate in ASA competition.

Amateur Standing in Volleyball

According to the United States Volleyball Association, volleyball officials may get only transportation, meals, and lodging and may receive no honorarium if they wish to retain their amateur standing.

HOW TO BECOME A RATED OFFICIAL

1. Study the rules, the article on the techniques of officiating, and the study questions.
2. Attend interpretations meetings and officiating clinics or training courses conducted in your vicinity.
3. Practice often. To some, officiating comes easily; to others it comes only as the result of hard work and concentration. Welcome criticism and work hard to improve.
4. Find out from the chairman of the nearest affiliated or provisional board when examinations for ratings are to be held. (Consult list of boards.)
5. Contact the chairman of the nearest affiliated or provisional board for materials necessary to give Intramural ratings.
6. Remember that it is the aim of the Officiating Services Area to maintain a high standard for National officials. Do not be discouraged if you do not receive a State or National rating on your first attempt. Welcome suggestions from the examiners, practice more, and try again.

INFORMATION FOR AFFILIATED AND PROVISIONAL BOARDS

An *affiliated* board is a board which has at least three State officials in a given sport; it is authorized to give ratings at all levels in that sport.

A *provisional* board is a board which has at least three Apprentice officials in a given sport; it is authorized to give ratings at the Intramural and Apprentice levels in that sport.

Exceptions: When OSA rating films are used as a medium for the practical rating (synchronized swimming and gymnastics), boards may award ratings at any level.

An Officiating Board may have *affiliated* status in one or more sports and/or *provisional* status in one or more sports. When a Board has *affiliated* or *provisional* status in a sport and wishes to have affiliated and/or provisional status in another sport, that board should write the Examinations and Rating (E.&R.) Chairman of the respective sport. The board should indicate the names of a minimum of three persons qualified to act as examiners in that sport for the next two years. Qualifications and experience in the sport should be listed for each examiner.

> *NOTE:* For basketball and volleyball an examining committee of three State officials is required. No specific number of rated officials is needed to initiate ratings in Badminton, Gymnastics, Softball, Swimming, Synchronized Swimming, Tennis, and Track and Field.

If, after two years, a board does not have three State officials in a sport, the board loses its affiliated status for giving ratings in that sport. (Exceptions: gymnastics and synchronized swimming). The board may then request provisional status in that sport from the E.&R. Sports Chairman. If granted, the board may continue to exist with provisional status and award only Apprentice and Intramural ratings. To continue as a provisional board after two years the board must have a minimum of three officials with at least an Apprentice rating in each sport concerned.

Examination packets are mailed to qualified boards on:

August 1 – Volleyball and Basketball
September 15 – Swimming, Badminton, Tennis
October 15 – Synchronized Swimming, Gymnastics
February 1 – Softball and Track and Field

Emblem and Uniform

The emblem for National officials in all sports consists of a shield. Other emblems are available for State, Apprentice, and Intramural officials.

The shirt for badminton, basketball, fencing, swimming, tennis, track and field, and volleyball is a navy blue and white striped tailored shirt or a navy blue and white striped jersey. The shirt for softball shall be navy blue. A navy blue skirt, shorts or slacks appropriate for the activity should be worn with the shirt. In badminton, fencing, swimming and tennis white may be substituted for the navy blue. A navy blue blazer may complete the uniform if desired. Officials who receive fees for officiating are required to wear the official shirt.

The official shirts and emblems are available from The Hanold Company, Sebago Lake, Maine 04075. The company can also provide approved blazers. When ordering, send dress size and check or money order for correct amount. Anyone may order the official shirt. A current rating card must accompany an individual's order for an emblem; however, it is not necessary to send a rating card when ordering a shirt.

An affiliated board may wish to have a supply of shirts or emblems for distribution to newly rated officials. A quantity order may be placed *only* by the affiliated board chairman. It is not necessary that the chairman enclose her own rating card, but full payment must accompany the order.

Prices: Wash-and-wear shirt $5.50; knit jersey with zipper neck, $8.50; knit jersey with button neck $12.00; doeskin blazer, $28.00; National emblem, $1.75; State, Apprentice, and Intramural emblems, $1.

Shipping Charge: 75 cents per order.

HOW TO ESTABLISH A BOARD OF OFFICIALS

1. Establish the need for an affiliated board by contacting women in the area who have current ratings or who are interested in standardizing and raising the level of officiating badminton, basketball, gymnastics, softball, swimming, tennis, track and field, or volleyball in that area.
2. Write to the Officiating Services Area Secretary, listed in the Officiating Services Area section of this *Guide*, for a sample copy of an authorized constitution for officials' boards and the *Policies and Procedures Handbook* and application for becoming an affiliated board.
3. At a designated meeting of interested women, present plans for forming a board.
    a. Choose a name which will permit expansion of function as need may arise; do not limit title to one sport.
    b. From the group, elect a chairman, chairman-elect, secretary, and treasurer.
    c. Form an examining committee of at least three members. If any member has been rated elsewhere, her experience should be helpful; such a rating is not necessary, however, except in basketball and volleyball. (See 4 below.) It is suggested that members of the examining committee be

examined and obtain ratings from other affiliated boards whenever possible.

   d. Make plans for drawing up a constitution according to the sample copy received from the Officiating Services Area. Plan to devote some time to the study of the rules and to practice officiating. If possible, secure the assistance of some rated official in each sport for which the Board anticipates giving ratings.

4. Send to the Officiating Services Area Secretary the completed application form, two copies of the local constitution, and a check for $5 annual dues (made payable to the Officiating Services Area). If *basketball or volleyball* ratings are to be given, an affiliated board must send a list of three State or National officials, and a provisional board must send a list of three officials with at least an Apprentice rating. A list of three interested women must be sent if the board wishes to give ratings in sports other than basketball or volleyball. If a board wishes continued affiliation in any sport, at the end of two years, an affiliated board will be required to have at least three State or National officials; a provisional board will be required to have at least three officials with at least an Apprentice rating. Approval of the application will come from the Officiating Services Area Chairman who will request that examination packets be sent to your Affiliated Board Chairman for all sports in which your Board is authorized to give ratings. The process of accepting an application for affiliation of a new Board and of requesting that the proper examination packets be sent ordinarily takes several weeks. Prospective Boards, therefore, should file for affiliation at least a month before they wish to hold rating sessions.
5. Administer Form A of the National Theoretical Examination. Form B of the National Theoretical Examination may be administered to those who did not pass Form A.
6. To cover expenses involved in the construction and evaluation of written examinations, boards should charge a fee each time an individual takes an OSA written examination.
   The OSA Treasurer should receive 50 cents for each written examination given by a board. Board fees can exceed 50 cents per test in order to cover operating expenses.
7. Conduct practice sessions in rating officials. All persons on the examining committee who have not previously rated officials should have a minimum of three practice sessions prior to actually rating. Secure the assistance of a rated official in these practice sessions if at all possible.
8. Give practical examinations to individuals who pass the written

examination. These should be conducted by three members of the examining committee.

9. Request appropriate rating cards from the OSA Secretary for distribution to those who pass the theoretical and practical examination.
10. Send lists of approved officials to schools and other organizations in the area. This notice should indicate the fees for officiating in accordance with the OSA policy and should give the name, address, rating, and telephone number of each official.
11. Keep accurate lists of all persons receiving ratings. Forward these lists to the chairmen of the Examinations and Ratings Committees in those sports in which your Board was authorized to give ratings.

SOURCES OF INFORMATION AND MATERIAL

Information Needed	**Source**
Board Policy	Officiating Services Area Chairman
Policies and Procedures Handbook	Officiating Services Area Secretary
Rules interpretation	DGWS rules interpreter for each sport. Secure the name from the current *Guide* of the sport.
Creating a new board	Officiating Services Area Secretary
Dues	Officiating Services Area Treasurer
Adding sports	Officiating Services Area Chairman
Officiating standards for each sport	Chairman of the Principles and Techniques of Officiating Committee

Materials Needed	**Source**
Rating cards	Officiating Services Area Secretary

Officiating Services Area officers are listed under Officiating Executive Board in this *Guide*.

Examination material	Examinations and Ratings Chairman for the sport in which examinations are desired
DGWS *Guides*	DGWS-AAHPER, 1201 Sixteenth St., N.W., Washington, D.C. 20036
Uniforms and emblems	The Hanold Company, Sebago Lake, Maine 04075

Softball Study Questions

(Fast Pitch)

1974-76

Directions:

Part I pertains to decisions an umpire may make regarding baserunning. Select the proper decision from the six listed, and write the answer in the blank before the question. There is only one best answer which should be based on the situation as it is described with **no** intervening circumstances. Assume that no conditions exist other than those stated.

Code:

S – Runner is safe
O – Runner is out
AB – Runner may advance one base without liability of being put out
AXBL – Runner may advance any number of bases with liability of being put out
FA – Runner forced to advance to next base
NA – Runner may not advance to next base

Questions:

1. ____ Two baserunners occupy the same base simultaneously. The second baseman legally touches the player who reached the base last.
2. ____ With two strikes, the batter foul tips the next pitch. The catcher throws out the runner attempting to steal third.
3. ____ On a single to right field, the runner rounds second base and collides with the shortstop.
4. ____ The runner on first leads off the base and stops as the pitcher prepares to pitch. The pitcher does not play her back. On the next pitch, the runner steals second.
5. ____ As the runner from first attempts to steal second, the batter steps in front of the catcher but remains within the batter's box.
6. ____ A fair hit ball hits an umpire in fair territory before it is fielded by the second baseman.

7. ____ The runner on third base leads off in foul territory; she is hit with a batted ball.
8. ____ There is a runner on first base. The batter bunts and the catcher throws the ball past first base into right field.
9. ____ With a runner on first base and one out, the batter swings and misses the third strike. The catcher drops the ball.
10. ____ With a runner on first, the pitcher does not come to a complete stop and maintain this position for one second as she delivers the pitch to the batter. The batter swings and hits a double.
11. ____ A baserunner sliding into third dislodges and does not maintain contact with the base. She is tagged by the third baseman.
12. ____ With a runner on first base, a pitched ball hits home plate and then hits the batter on the leg as she tries to avoid it.
13. ____ The runner on second base attempts to steal third. As the batter swings, the catcher tips her bat and then throws the ball to the third baseman who tags the runner before she reaches third.
14. ____ The third base coach runs toward home as her runner prepares to tag up at third base on a fly ball to center field.
15. ____ There are runners on first and second; the ball drops from the pitcher's hand on the backswing.

Directions:

Read all questions carefully. Select the one item which best answers the question.

16. An outfield fence is 225 feet from home plate in left and center fields and 210 feet from home plate in right field.
    - A. The field is illegal because the fence must be at least 250 feet from home plate.
    - B. The field is illegal because the fence must be at least 225 feet from home plate.
    - C. Since most of the fence is beyond the legal requirements, the field is legal.
    - D. The field is legal since the fence meets the minimum legal requirements of 200 feet.
17. With two outs and runners on second and third, the batter hits a long drive over the head of the left fielder. As she circles the bases, the batter-baserunner fails to touch third. The opposing team registers a legal appeal. What is the decision?

A. Both runs scored by original baserunners count; the batter becomes the third out.
B. None of the runs which scored counts.
C. Both runs scored by original baserunners count; the batter-baserunner must return to third base.
D. Runner from third scored; other runner must return to base.

18. Which bat is *not* an official softball bat?
    A. Bat is 34 inches long and constructed of laminated wood.
    B. Bat is 34 inches long and made of a one-piece sturdy metal tube with wooden inserts secured at both ends.
    C. Bat is 32 inches long and constructed of one piece of wood.
    D. Bat is 33 inches long, made of a metal tube, has a wooden insert at the handle end of the bat and a rubber insert at the larger end.
19. When is the ball dead?
    A. When a thrown ball strikes an umpire.
    B. When the batter hits a ground ball that strikes the runner going to third.
    C. When a foul tip is legally caught.
    D. When the infield fly rule is called.
20. The batter swings and misses the first pitch as the runner on first steals second. It is discovered that the wrong batter is at bat. What is the decision?
    A. Runner remains on second; batter who should have hit is out; present batter continues.
    B. Runner returns to first; batter who should have hit is out; present batter continues.
    C. Present batter is out; runner returns to first.
    D. Correct batter replaces present batter; count remains strike one; runner remains on second.
21. With runners on first, second, and third, the batter bunts. The ball hits in foul territory before rolling into fair territory where it is picked up by the first baseman. What is the decision?
    A. Ball is dead; a strike is called.
    B. Ball is declared fair; runners may not advance at own risk.
    C. Ball is declared foul; runners may not advance.
    D. Ball is declared fair; runners may advance at own risk.
22. Which of the following actions by a baserunner would present a situation for an appeal play?
    A. Baserunner passes a preceding baserunner before such runner has been legally put out.
    B. The runner on third leaves before the left fielder catches a long fly ball.

C. The runner leaves her base before the pitched ball leaves the pitcher's hand.
D. The catcher tips the bat as the batter swings and misses.

23. There is a runner on third base. The batter bunts the ball along the first baseline, drops her bat unintentionally in the path of the ball. The ball comes to rest against the bat in fair territory. What is the decision?
A. The batter is out; runner may not advance.
B. The batter is out; runner may advance with liability to be put out.
C. The batter must be put out at first; runner may advance with liability to be put out.
D. The ball is declared foul; runner may not advance.

24. While in the pitching position, the pitcher takes one hand off the ball and steps back off the pitcher's plate. What is the decision?
A. A no pitch is declared.
B. A ball is called on the batter; baserunners may advance at their own risk.
C. A ball is called on the batter; baserunners advance one base without liability of being put out.
D. A ball is called on the batter; baserunners may not advance.

25. There are runners on first and third, one out. The batter hits a fair fly ball to the shortstop who intentionally drops the ball. What is the decision?
A. Batter is out; runners may advance at their own risk.
B. Batter is out; runners may not advance.
C. Batter becomes baserunner; runners may not advance.
D. Batter becomes baserunner; runners may advance at their own risk.

26. With runners on first and second, the batter strikes at a pitch. She is hit on the wrist with the ball. What is the decision?
A. Ball is dead; batter is out.
B. Ball is in play; baserunners may advance at their own risk.
C. Ball is dead; baserunners may not advance.
D. Ball is dead; batter advances to first base.

27. In a play on the batter-baserunner at first base, where should the umpire focus her eyes?
A. On the baserunner
B. On the base
C. On the fielder
D. On the base and the fielder

28. At the end of four and one-half innings, the home team leads, 7-6. As the visitors go to the field, the umpire calls the game due to rain. What is the decision?

A. Visitors may protest the umpire's decision.
B. Game will be continued later.
C. Game will be replayed.
D. The home team wins.

29. Where should the base umpire stand with runners on second and third and one out?
A. Behind the shortstop.
B. Behind the second baseman.
C. Behind first base in foul territory.
D. Between the second baseman and the shortstop.

30. Which of the following calls can be made by either the plate umpire or base umpire?
A. First and third bases occupied; appeal play at third base.
B. Deciding whether a fly ball has been legally caught.
C. Call a runner out for leaving the base too soon.
D. Determine whether a fly ball is fair or foul.

ANSWERS TO STUDY QUESTIONS

Answer	**Rule Reference**
1. O	8-1e effect
2. O	7-10 effect
3. AB	8-5b
4. O	8-9r (1)
5. NA	7-3 effect
6. AXBL	8-2f effect (1); 8-7h
7. NA	7-9d effect (3)
8. AXBL	8-3b
9. AXBL	7-6b effect (2)
10. AXBL	6-1b effect
11. S	8-1c, 10-1 effect
12. FA	8-2g effect; 8-5d (1); 8-7f effect
13. NA	8-5d effect
14. O	8-9n
15. AXBL	6-9, 8-3a
16. B	2-1
17. A	5-5, 8-9g
18. B	3-1
19. B	9-1h (3)
20. D	7-2b, c effect (1)
21. D	7-8a
22. B	8-2e, 8-9e, f effect (1)
23. C	7-5 note
24. C	6-2 effect

Answer	Rule Reference
25. A	7-11e
26. C	7-6e effect
27. B	PTO-111
28. D	5-3e
29. A	PTO-Diagram V
30. C	10-1 10a

INTERPRETATIONS

Inquiries concerning softball study questions or examinations should be addressed to the chairman of the Softball Examinations and Ratings Committee, Donna Lopiano, Brooklyn College, Brooklyn, N.Y. 11210

Techniques of Officiating Softball

Revised by the PRINCIPLES AND
TECHNIQUES OF OFFICIATING COMMITTEE

Umpiring softball is an enjoyable and rewarding job although it is not an easy one. Varying situations, games, and levels of play demand of the umpire constant alertness to each play as well as a thorough knowledge of the rules and of the game. In softball, decisions must be made while play goes on, whereas in other sports the official usually uses a whistle and stops play to render a decision. Clearly defined techniques, precisely and constantly used, are important factors in the successful conduct of a softball game for both the players and the spectators, as well as a source of confidence for the umpire.

Number of Umpires

The use of two umpires is the generally accepted practice in handling softball games, although more may be used. (Sometimes it is necessary to use only one umpire when more are not available. In this case the position for the single umpire is behind home plate, except when she must move for a clear view of a play occurring on the bases. Although the position of the single umpire behind the pitcher is sometimes used, it is not recommended. It is recommended that three umpires be used in tournament competition.)

General Information

For the pregame routine and the duties and responsibilities of the umpires, see Rule 10, Umpires, General Information for Umpires, and all sections of that rule.

Upon arrival at the ballpark, the umpire should confer with the other umpire, coaches, and scorekeeper and have her equipment ready. Her costume should be the official blouse; skirt, slacks or shorts; athletic shoes; and socks if she is receiving compensation as a rated DGWS umpire. As personal equipment the plate umpire must be sure to have a ball and strike indicator, a whisk broom, mask, body protector, and a ball bag. Each umpire should also have a copy of the current *DGWS Softball Guide*.

After the game the plate umpire should collect the game balls and deliver them to the proper person. She should then check the scorebook with the scorer. Neither umpire should linger on the field or engage any person in a discussion of the game. If a coach or player, however, asks a question about a specific decision, the umpire should answer it politely.

Certain general techniques apply to both umpires and are essential for good umpiring:

1. Be neat in costume and dignified in manner.
2. Be alert, consistent, fair, prompt, and accurate in all decisions. Try to be with or ahead of the play. If an error is made, correct it promptly.
3. Display confidence, work "with" the teams, and keep the game under control.
4. Announce decisions promptly in a clear, distinct voice and use proper hand signals.
5. Avoid arguments, personal comments about the game or players, and anything else which might interfere with judgment.
6. Keep apart and aloof from players, coaches, and spectators; do not fraternize or be officious.
7. Work cooperatively with the other umpire; do not comment on her decisions.
8. Use signals to assist each other in calling plays (such as catcher interference, batted ball hitting batter, illegally caught foul tip, runner interference, and others) if either umpire is blocked out of the play.

The Plate Umpire

The plate umpire (P) is the one in charge of the game and has the responsibility for seeing that the game moves along rapidly and safely.

For specific duties of the plate umpire see Rule 10, Section 2.

The following general suggestions should help the plate umpire in the smooth, safe conduct of the game:

1. Try to keep the players hustling at all times, but especially between innings, avoiding unnecessary delays (such as lengthy conferences between coaches and pitchers) or the use of delaying tactics.
2. Limit the number of announcements of changes in line-ups to two per inning.
3. Brush the home plate clean between innings. (If it is necessary to clear it of dirt while play is in progress, call "Time," walk out in front of home plate, and turn your back to the pitcher while you brush the plate.)
4. See that the field and surrounding area are kept clear of all debris and loose material, such as paper, bats, balls, jackets, and tarpaulins.
5. Keep the field clear of spectators.

6. See that bats are kept in bat racks or other appropriate places provided for them, away from the field.
7. See that the "on deck" batter stays in the batting circle while awaiting her turn at bat.
8. Prohibit start of play if no home team is designated or suspend or discontinue play when field or weather conditions present a hazard to the safety of players. After "play ball" has been called, the plate umpire shall be the sole judge as to the fitness of the ground for resuming play.
9. To indicate a foul, the umpire should call "Foul ball" and extend her arm horizontally away from the diamond, according to the direction of the ball. To indicate a fair ball, the umpire shall extend her arm toward the center of the diamond using a pumping motion. Do not say "Fair ball." The vocal sound of "foul" and "fair" is very confusing to the players.

Position at Home Plate. The plate umpire should stand behind home plate one to two feet behind the catcher and in such position that she can look over the head or shoulder (nearer the batter) of the catcher to see the plate, the batter, the pitcher, the foul lines, the bases, and the field.

For calling balls and strikes, the instant the pitcher steps on the rubber and assumes a position of readiness to pitch (ball in both hands in front of body), the plate umpire should move into a slight crouch with the upper part of the body inclined a little forward, eyes closely fixed on the pitcher and the ball. She should attempt to align herself with the pitch. If the pitch is low, she must crouch; if it is high, she must straighten up. If the pitch is on the outside or inside corner of the plate, she must bend sideward at the waist to align her eyes with the pitch.

For official signals, see Rule 10, Section 7. When it seems apparent that a batted ball will be an infield fly, the plate umpire should immediately call "infield fly," for the benefit of the runners. If the ball is near the baselines, the plate umpire should call "infield fly, if fair." On borderline foul ball decisions, the plate umpire should align herself with the foul line and give the signal for the "foul" or "fair" ball as soon as the ball touches the ground or any other object.

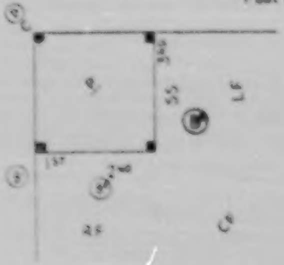
The Base Umpire

The base umpire has the specific responsibility for rendering all decisions at first base and all decisions at second and third bases except those made by the plate umpire.

The following suggestions should help the base umpire render the correct decision:

1. Brush the pitcher's plate between innings.
2. Call all "steal and pick off" plays, including plays at third base.
3. Stay in the outfield when the ball is in play in the infield.
4. Come into the infield when the ball is in play in the outfield.
5. Whenever it is necessary to come into the infield, keep the play in full vision. Always position the body so that the back is never completely turned on either the ball being fielded or the base(s) at which a play might be made. Try to be "set" and not moving when the call is made.
6. Be alert to position so as to be out of the line of the throw for any initial or follow-up play. Also, whenever possible, be out of the line of any potential overthrow.
7. Be in proper position when there are baserunners.

I Basic Positions of the Base Umpire Before the Pitch
Fast Pitch



B^1 – No runners
B^2 – Runner on 1st base
B^3 – Runner on 2nd or 3rd or 1st and 2nd or 1st, 2nd, and 3rd bases or 1st and 3rd or 2nd and 3rd

Positions in the Field – Fast Pitch

A stationary position will not suffice for an umpire. Proper position on the field fluctuates with changing situations which arise during the game. The positions illustrated in the following diagrams have proved to be highly successful at all levels of competition.

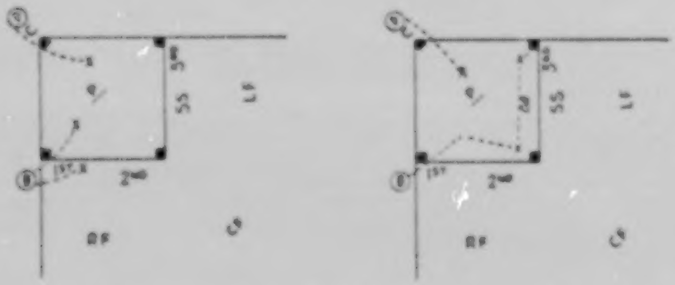
The X positions shown are somewhat relative to the situations as they evolve. Slight variations may be necessary because of such factors as the speed and angles of throws. However, the base umpire is obligated to obtain the best possible angle from which to see each play.

With bases empty, the base umpire should stand 10 to 15 feet beyond first base with right foot beside the foul line in foul territory (B). She then moves according to the hit and the number of bases run by the runner. When the ball is hit to the left side of the diamond (3rd or shortstop), the base umpire moves to fair ground and takes a position 10 to 15 feet from first base and slightly outside the first to second base path, facing first base. In case the batter-runner advances toward second on the play, the base umpire moves toward the inside of the infield and stays with the runner to second and possibly third base. When the ball is hit to the right side of the diamond (second or first baseman), the base umpire moves up the line toward home plate five to ten feet from first base, being careful to stay in foul territory between the foul line and the coaches area.

11 No Runners on Base
Fast Pitch

Ball hit to infield.
Play made at 1st base.

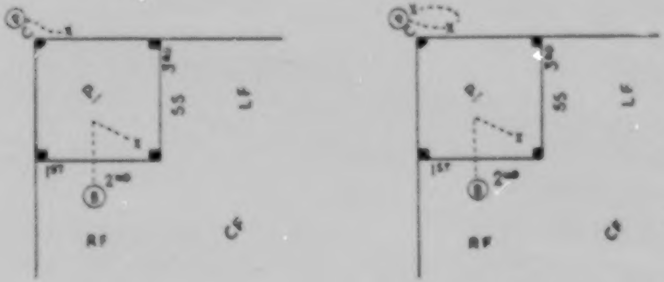
Ball hit to outfield.
Play made at 2nd or 3rd base.



If the ball is hit to the outfield, she should cross the diamond in the direction of the pitching rubber to a spot about five to ten feet to the infield side of the base line between first and second bases. She should turn to the right to see that the runner touches first base and that no interference takes place around the bag. If a runner goes on to second base, the umpire should move toward the base ahead of the runner, staying in the infield and stopping about five feet from second base to call the play (X). If the runner continues to third base, the umpire must then move toward that base in the same manner, staying ahead of the runner and inside the infield (X') (see diagram on basic positions of base umpire before the pitch). On balls hit to the infield the plate umpire should move to the 1B side of home plate and directly toward the mound. On balls hit to the outfield she should move to the 3B side of home plate and directly toward the mound and watch the runner contact each base. The plate umpire must be moving on all plays in order to make a call should the base umpire get caught out of position.

With runners on base, the base umpire takes a position according to the number of bases occupied and moves according to the type of hit and resulting play. She should see that runners do not leave base too soon, while the plate umpire should concern herself primarily with the legality of the pitcher's motion and delivery. The base umpire needs to maintain a position in which she has a good perspective of both the pitcher and the baserunners. Also, the base umpire should avoid obstructing the vision of an outfielder when positioning herself behind either the second baseman or shortstop. In certain highly competitive games or games with highly skilled players, it may be necessary for the base umpire to adjust her positions according to the type of play to be more nearly "on top of a play" when calling it.

With a runner on first base only, the base umpire takes a position approximately halfway between first and second base and outside the base path. On an attempted steal, she moves toward second base to a position about five feet from that base and outside the base path. On a ball hit to the infield, she waits until she sees where the play will be and then moves toward the play; she should not attempt to guess where the fielder will throw the ball. On a ball that is hit to the outfield, she moves to the center of the diamond, halfway between first and second base. If the ball lands in fair territory, she checks to see if the runner from first base touches second base, and then watches the batter-baserunner touch first base. The plate



III Runner on First Base
Fast Pitch

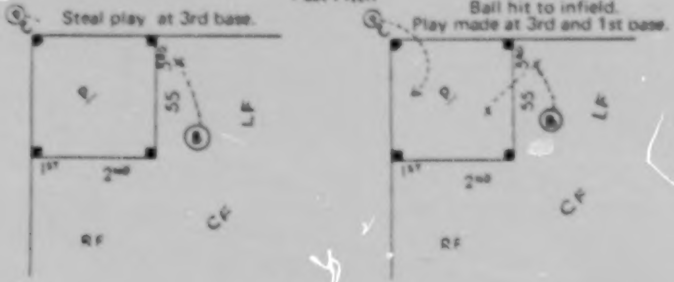
Ball hit to outfield.
Play made at 2nd base.

Ball hit to outfield.
Play made at home plate.

umpire should move toward the pitcher's mound and be ready to make a call should a situation develop which would prevent the base umpire from making the call.

With a runner on second base or runners on first and second, the base umpire takes a position between second base and the shortstop, outside the base path but slightly closer to second base, and should be prepared to move quickly to third base on an attempted steal play. On a ground ball in the infield, the base umpire is responsible for the first play in the infield, plus all plays at first base. With a batted ball in the infield, the base umpire must hesitate until the fielder throws to a baseman and then she should move in the direction of the play. To avoid interfering with the runner, the base umpire should remain outside the base line until the runner has advanced toward third base. The plate umpire should move to the 3B side of home plate and to the inside of the diamond toward the mound until the play at 3B has been made and then take a few steps toward 1B to watch play being made at 1B. If the play does not develop at 1B or a play must be made at HP she is still in good position to make the call. The plate umpire can make the calls at 1B or 3B should a situation develop in which the base umpire is unable to make the call.

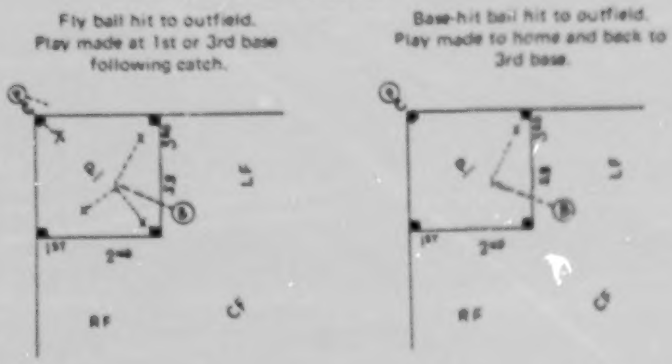
Runner on Second Base
Fast Pitch


Steal play at 3rd base.
Ball hit to infield. Play made at 3rd and 1st base.

On a ball in the outfield, the base umpire should move in the direction of the pitching rubber to a spot about five to ten feet to the infield side of the base line between second and third base. The base umpire should observe the batter-baserunner touch first base.

If a fly ball occurs, she should watch the tag-up of the runner(s) and call any plays which result after the catch. If a base hit occurs, the plate umpire watches the runner from second to third and to home, if necessary. In this instance the base umpire is responsible for calling all plays on the runner who started at first and the batter-baserunner.

IVb Runners on First and Second Base
Fast Pitch



Fly ball hit to outfield. Play made at 1st or 3rd base following catch.

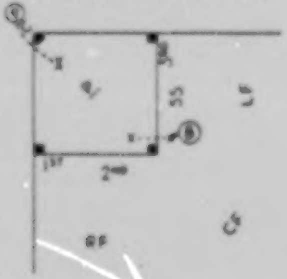
Base-hit ball hit to outfield. Play made to home and back to 3rd base.

With a runner on third, first and third, second and third, or bases loaded, the base umpire should take a position between second and shortstop, outside the base path and slightly closer to second base. (The umpire should check to be sure that she is not a hindrance to the shortstop and/or left fielder.) On a pick-off play at third base, the base umpire needs to move directly toward the base (avoid blocking the shortstop who will be moving to back up the play) to call the tag play. With a batted ball in the infield (either side), the base umpire should hesitate and then move in the direction of the play as the infielder throws to a baseman. She must cover the first throw to any base except home base.

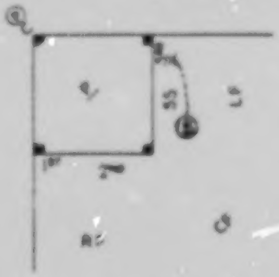
With runners on first, second, and third base, and the ball batted into the outfield, the base umpire should move into the infield and be ready to move toward a tag play at any base. The base umpire should move to the spot about five to ten feet from the pitching rubber, between second and third base, the same as she did with a runner only on second base. The base umpire is responsible for all three bases because the plate umpire must be in position at home plate to call the plays that occur there, though the plate umpire

V Runners on First and Third Base
Fast Pitch

Ball hit to infield.
Play made at 2nd and 1st base.


3RD
SS
LF
P
1ST
2ND
RF
CF

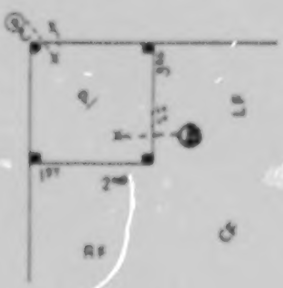
Pick-off play at 3rd base.


3RD
SS
LF
P
1ST
2ND
RF
CF

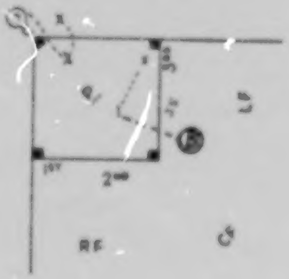
watches the runner at third tag up on all caught flies. The plate umpire moves to a position toward the mound to be ready to make a call should a situation develop which would prevent the base umpire from making the call. The umpire can return to her position to make calls at home.

VI Runners on First, Second, and Third Base
Fast Pitch

Ball hit to infield.
Play made at 1st base.


3RD
SS
LF
P
1ST
2ND
RF
CF

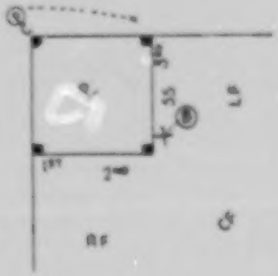
Ball hit to outfield.
Play made at 3rd base.


3RD
SS
LF
P
1ST
2ND
RF
CF

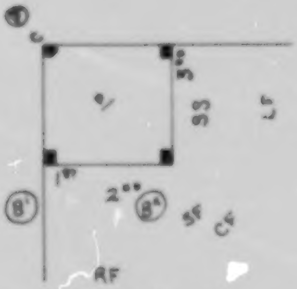
Continuous Play Involving Both Umpires

When the initial play is made to first base the base umpire makes the call. If a play is made on a runner going to third base, the plate umpire makes the decision.

VII Runner on Second, or First and Second
Play made at 1st base and then 3rd base.
Fast Pitch



VIII Basic Positions of the Base Umpire Before the Pitch
Slow Pitch



B^1 – No runners
B^2 – Runner on 1st base or 1st and 2nd or 1st, 2nd and 3rd or 1st and 3rd or 2nd or 2nd and 3rd or 3rd

Positions in the Field-Slow Pitch

With bases empty, the base umpire should stand 10 to 15 feet beyond first base with right foot beside the foul line in foul territory (B^1). When the ball is hit to the left side of the diamond (3rd or shortstop), the base umpire moves to fair ground and takes a position 10 to 15 feet from first base and slightly outside the first to second base path, facing first base. In case the batter-runner advances toward second on the play, the base umpire moves toward the inside of the infield and stays with the runner to second and possibly third base. When the ball is hit to the right side of the diamond (second or first baseman), the base umpire moves up the line toward home plate five to ten feet from first base, being careful to stay in foul territory between the foul line and the coaches area.

With a runner on first base, or runners on first and second bases, or runners on first, second and third bases, or runners on first and third bases, or a runner on second base, or runners on second and third bases, or a runner on third base, the base umpire should stand halfway between the second baseman and second base, outside the base line (B^2). The umpire should be careful not to interfere with the play of the second baseman. She should be ready to make all calls at second base and first base.

The base umpire never positions herself on the shortstop side of 2nd base before the pitch. The only plays that the base umpire calls at 3rd base are the batter on a triple or a play back to 3rd base after a play at the plate in which the plate umpire is unable to get in position to make both calls.

Anytime the ball is hit to the outfield, the base umpire should go to the infield and face out. If the ball is hit to the infield, the base umpire should stay outside the infield.

The plate umpire should move toward third base to make all calls at third base, except the batter on a triple or a play back to 3rd base after a play at the plate when she cannot get into position to make the call at 3rd base.

Both Umpires

In addition to their joint responsibilities (see Rule 10, Section 1) and effective sharing of them, there are certain general umpiring techniques contributing to good officiating which are applicable to both umpires.

On plays at bases, the umpires must move so that they have an unobstructed view of the ball, the base, and the runner. At the same time they must avoid interfering with any player. For example, on a play on the batter-baserunner at first base, the umpire should watch the fielder throw the ball and then focus her eyes on the base. She must listen for the impact of the ball hitting the fielder's glove, and glance up quickly to see if the fielder drops the ball or juggles it. This procedure permits watching the runner's foot hit the base, and also seeing whether the fielder's foot is in contact with the base when the ball is caught. The umpire should not block the path of a runner who is exercising her right of overrunning first base.

On a tag play, the umpire should be within five feet of the play, if at all possible, and should focus her attention on the baseman, not the base.

On an appeal play, the umpires should not render a decision until the fielding team calls attention to it (before delivery of next pitch) and the proper play has been made. The umpires should avoid calling "time" if an appeal play is possible.

Proper techniques of umpiring should be used in all games in order to develop competency in umpiring as well as to contribute to a good softball game for all concerned.

Questions concerning "Techniques of Officiating Softball" should be directed to the softball P & T of O subchairman:

Elsie Wulf
7615 E. Southport Rd.
Indianapolis, Ind. 46259

1974
OFFICIAL
SOFTBALL
RULES

as adopted by

THE INTERNATIONAL
JOINT RULES COMITTEE
ON SOFTBALL

RULE CHANGES
EFFECTIVE JANUARY 1, 1974

A major change was in the overall presentation of the rules. "Fast Pitch" and "Slow Pitch" were combined into one set of rules. Where there are differences they are so noted, i.e. (Fast Pitch) (Slow Pitch). Where the rule pertains to only one set it is indicated as (FP Only) or (SP Only), meaning this rule applies to "Fast Pitch" only or "Slow Pitch" only.

Since some changes pertain only to "Fast Pitch", some pertain only to "Slow Pitch" and some pertain to both, it was too difficult to indicate the changes other than on this page. It is recommended that you go through your book and mark those sections changed as shown in this list, with a check (√) mark.

RULE	*TYPE*	*CHANGE*
1-8	both	Line-up card now requires player's position.
1-25	FP	Home team may also be determined by Tournament Officials.
1-29	Both	Infield is described to coincide with the "Infield Fly" rule.
1-46	Both	Strike zone is changed to indicate "any part" of home plate.
	SP	Now reads "highest" shoulder.
1-49	SP	Batter's turn at bat begins when he enters the batter's box instead of "when it is his turn at bat".
2-1	SP	Female outfield fence distance was changed from 275 to 250 feet. 16 foot circle around pitcher's plate was eliminated.
2-2	SP	Female distance for home run was changed from 275 to 250 feet.
3-2	Both	The words "or other materials as approved by the Joint Rules Committee on Softball" were added.
3-10	SP	The rule on the uniform was written in more detail.
4-3f	Both	An additional penalty of an "illegal pitch" was added.
6-3d 6-5	FP SP	The catcher must now stay in his box until the pitch is *released* instead of delivered.
6-3e	FP	Reworded for clarification and to make the penalty clear.

RULE	*TYPE*	*CHANGE*
6-10	FP	Clarified.
6-11	Both	Clarified to show 1 conference allowed for "each & every" pitcher in one inning.
6-2	SP	Added "simultaneously with the release of the ball" to a step.
6-6	SP	Added a penalty for the catcher's failure to return a pitch not hit directly to the pitcher (ball on the batter).
7-1d	Both	Ball is now "dead" if a batter is declared out for failing to take his position within one minute after umpire calls "play ball".
7-2c(2)	FP	Base-runners need not return to their original base when a batter is declared "out" for failing to bat in turn if the advance was during the improper turn at bat.
7-6a	SP	No longer necessary for a pitch to "pass completely across home plate" to be a strike. It is a strike if the ball is over "any part" of home plate while in the strike zone. It is still a "ball" if the pitch, not swung at, touches home plate.
7-6f	Both	It is now a foul ball and strike if a batter is hit by his own batted ball in *any* part of the batter's box.
7-8f	SP	Distance for female slow pitch was changed from 275 to 250 feet.
7-11b	Both	Batter is now out, if he appears in the batter's box with or is discovered using an altered bat.
7-12	Both	The *manager*, not the batter, has the option.
8-5c	FP	Award of 1 base included for wild pitches & passed balls becoming blocked.
8-5g	Both	Changed award from "time of pitch" to "time of throw" if all runners advanced one base on wild throw on first play by an infielder.
8-6a	SP	Home run distance changed for female slow pitch from 275 to 250 feet.
8-7h	Both	Clarified situation when batted fair ball strikes umpire or runner.
8-9h Eff(3)	Both	Adds statement on when runners may leave their base during an appeal play.
8-9p	Both	Adds "This includes batter-runner, etc."

RULE	*TYPE*	*CHANGE*
8-10m	Both	Adds penalty for fielder using illegal glove on play on runner.
9-1h(5)	Both	Changed wording to include any offensive interference with live ball.
9-2b	Both	Changed procedure for putting ball in play. No longer necessary for pitcher to be in pitching position other than start of the game.
9-3	SP	Wording changed to indicate when umpire should call "time".
10-1	FP	Changed titles of umpires in Gen Info paragraph 9.
10-2e	Both	Refers to umpire's manual for positioning and mechanics.
10-3a 10-7k,l,m	Both	Added signals for "Trapped Ball", "Ground Rule Double" and "Home Run".
11	SP	Used entire "Fast Pitch" wording which is in more detail.
11-7c	FP	Now a forfeit if a protest is allowed on ineligibility.
12	Both	Took best out of both sets and made a more complete rule.
All	16" SP	Rearranged to comply with proper rule numbers.
6-3	16" SP	Changed pitching rule to be exactly the same as 12" Slow Pitch with this one exception.

1976 CHANGE
EFFECTIVE JANUARY 1, 1976

3-1	Both	Change last paragraph to read: The bat may be made of metal. It must be one piece with the barrel end closed and conform to all above specifications. ADD: A bat may not be constructed of both wood and metal. Bats altered in any way from their original construction are illegal except the replacement of tape on the handle for a safety grip is legal.

1974

Official Softball Rules

Fast-Pitch Slow-Pitch

Official 1974-1976 Softball Rules for Girls and Women

With permission of, and approved by, the
*International Joint Rules Committee on Softball**

RULE 1. DEFINITIONS

Sec. 1. **APPEAL PLAY.** An appeal play is a play upon which an umpire cannot make a decision until requested by a player or coach. The appeal must be made before the next pitch, legal or illegal.

Sec. 2. **BASE ON BALLS.** A base on balls permits a batter to gain first base without liability to be put out and is awarded to a batter by the umpire when four pitches are judged to be balls.

Sec. 3. **BASE PATH.** A base path is an imaginary line three feet to either side of a direct line between the bases.

Sec. 4. **BASERUNNER.** A baserunner is a player of the team at bat who has finished his turn at bat, reached first base, and has not yet been put out.

Sec. 5. **BATTED BALL.** A batted ball is any ball that hits the bat or is hit by the bat and which lands either in fair or foul territory. No intention to hit the ball is necessary.

Sec. 6. **BATTER'S BOX.** The batter's box is the area to which the batter is restricted while in position with the intention of helping his team to obtain runs. The lines are considered inside the batter's box.

Sec. 7. **BATTER-BASERUNNER.** A batter-baserunner is a player who has finished his turn at bat but has not yet been put out or touched first base.

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*Since the rules of the IJRC on softball govern play for both men and women, the masculine pronoun is used throughout.

Sec. 8. BATTING ORDER. The batting order is the official listing of offensive players in the order in which members of that team must come to bat. When the line-up card is submitted it shall also include the players' position.

Sec. 9. BLOCKED BALL. A blocked ball is a batted or thrown ball that is touched, stopped, or handled by a person not engaged in the game, or which touches any object which is not part of the official equipment or official playing area.

Sec. 10. BUNT. A bunt is a legally tipped ball not swung at, but intentionally met with the bat and tapped slowly within the infield.

Sec. 11. CATCH. A catch is a legally caught ball which occurs when the fielder catches a batted or thrown ball with his hands or glove. If the ball is merely held in the fielder's arms or prevented from dropping to the ground by some part of the fielder's body or clothing, the catch is not completed until the ball is in the grasp of the fielder's hands or glove.

Sec. 12. CATCHER'S BOX. The catcher's box is that area within which the catcher must stand while and until the pitcher releases a pitched ball.

Sec. 13. CHOPPED BALL. (SP only). A chopped hit ball is one at which the batsman strikes downward with a chopping motion of the bat.

Sec. 14. COACH. A coach is a member of the team at bat who takes his place within the coach's lines on the field to direct the players of his team in running the bases. Two coaches allowed.

Sec. 15. DEAD BALL. The ball is not in play and is not considered in play again until the pitcher holds it in pitching position and the umpire has called "play ball."

Sec. 16. DEFENSIVE TEAM. The defensive team is the team in the field.

Sec. 17. DOUBLE PLAY. A double play is a play by the defense in which two offensive players are legally put out as a result of continuous action.

Sec. 18. **FAIR BALL**. A fair ball is a batted ball that settles on fair territory between home and first base or home and third base; or that is on or over fair territory including any part of first and third base when bounding to the outfield; or that touches first, second or third bases; or that, while on or over fair territory touches the person of any umpire or player; or that while over fair territory passes out of the playing field beyond the outfield fence.

Note: A fair fly shall be judged according to the relative position of the ball and the foul line, including the foul pole, and not as to whether the fielder is on fair or foul territory at the time he touches the ball.

Sec. 19. **FAIR TERRITORY**. Fair territory is that part of the playing field within and including the first and third base foul lines from home base to the bottom of the extreme playing field fence and perpendicularly upwards.

Sec. 20. **FIELDER**. A fielder is any player of the team in the field.

Sec. 21. **FLY BALL**. A fly ball is any ball batted into the air.

Sec. 22. **FORCE-OUT**. A force-out is an out which can be made only when a baserunner loses the right to the base which he is occupying because the batter becomes a baserunner, and before the batter or a succeeding baserunner has been put out.

Sec. 23. **FOUL BALL**. A foul ball is a batted ball that settles on foul territory between home and first base, or between home and third base or that bounds past first or third base on or over foul territory, or that first falls on foul territory beyond first or third base, or that, while on or over foul territory, touches the person of an umpire or player, or any object foreign to the natural ground.

Note: A foul fly shall be judged according to the relative position of the ball and the foul line, including the foul pole, and not as to whether the fielder is on foul or fair territory at the time he touches the ball.

Sec. 24. **FOUL TIP**. A foul tip is a batted ball which goes directly from the bat, not higher than the batter's head, to the catcher's hands and is legally caught by the catcher.

Note: It is not a foul tip unless caught and any foul tip that is caught, is a strike. In Fast Pitch the ball is in play. In Slow Pitch the ball is dead. It is not a catch if it is a rebound unless the ball first touched the catcher's hand or glove.

Sec. 25. **HOME TEAM**. The home team is the team on whose grounds the game is played, or if the game is played on neutral grounds, the home team shall be designated by mutual agreement or by tournament officials.

Sec. 26. **ILLEGALLY CAUGHT BALL**. An illegally caught ball occurs when a fielder catches a batted or thrown ball with his cap, mask, glove, or any part of his uniform while it is detached from its proper place.

Sec. 27. **IN FLIGHT**. In flight describes any batted, thrown or pitched ball which has not yet touched the ground or some object other than a fielder.

Sec. 28. **IN JEOPARDY**. In jeopardy is a term indicating that the ball is in play and an offensive player may be put out.

Sec. 29. **INFIELD**. The infield is that portion of the field in fair territory which includes areas normally covered by infielders in defensive positions.

Sec. 30. **INFIELD FLY**. An infield fly is a fair fly ball (not including a line drive nor an attempted bunt) which can be caught by an infielder with ordinary effort, when first and second, or first, second and third bases are occupied, before two are out. The pitcher, catcher and any outfielder who stations himself in the infield on the play shall be considered infielders for the purpose of this rule.

Note: When it seems apparent that a batted ball will be an infield fly, the umpire shall immediately declare "Infield Fly" for the benefit of the runners. If the ball is near the baselines, the umpire shall declare "Infield Fly," if fair.

The ball is alive and runners may advance at the risk of the ball being caught, or retouch and advance after the ball is touched, the same as on any fly ball. If the hit becomes a foul ball, it is treated the same as any foul.

If a declared infield fly is allowed to fall untouched to the ground, and bounces foul before passing first or third base, it is a foul ball. If a declared infield fly falls untouched to the ground outside the baseline, and bounces fair before passing first or third base, it is an infield fly.

Sec. 31. **INNING.** An inning is that portion of a game within which the teams alternate an offense and defense and in which there are three outs for each team.

Sec. 32. **INTERFERENCE.** Interference is the act of a defensive player which hinders or prevents a batter from striking or hitting a pitched ball, or the act of an offensive player which impedes, hinders, or confuses a defensive player while attempting to execute a play.

Sec. 33. **LEGAL TOUCH.** A legal touch occurs when a runner or batter-baserunner who is not touching a base is touched by the ball while it is securely held in the fielder's hand. The ball is not considered as having been securely held if it is juggled or dropped by the fielder after having touched the runner unless the runner deliberately knocks the ball from the hand of the fielder. It is sufficient for the runner to be touched with the hand or glove in which the ball is held.

Sec. 34. **LEGALLY CAUGHT BALL.** A legally caught ball occurs when a fielder catches a batted or thrown ball provided it is not caught in the fielder's hat, cap, mask, protectors, pocket, or other part of his uniform. The ball must be caught and firmly held with hand or hands.

Sec. 35. **LINE DRIVE.** A line drive is an aerial ball that is batted sharply and directly into the playing field.

Sec. 36. **OBSTRUCTION.** Obstruction is the act of a fielder, while not in possession of the ball or in the act of fielding a batted ball, which impedes the progress of a baserunner who is legally running bases.

Sec. 37. **OFFENSIVE TEAM.** The offensive team is the team at bat.

Sec. 38. OUTFIELD. The outfield is that portion of the field which is outside the diamond formed by the baselines or the area not normally covered by an infielder and within the foul lines beyond first and third bases, and boundaries of the grounds.

Sec. 39. OVERSLIDE. An overslide is the act of an offensive player when as a baserunner he overslides a base he is attempting to reach. It is usually caused when his momentum causes him to lose contact with the base which then causes him to be in jeopardy. The batter-runner may overslide first base without being in jeopardy if he immediately returns to that base.

Sec. 40. OVERTHROW. An overthrow is a play in which a ball is thrown from one fielder to another to retire a runner who has not reached or is off base and which goes into foul territory beyond boundary lines of playing field.

Sec. 41. PIVOT FOOT. The pivot foot is that foot which the pitcher must keep in constant contact with the pitcher's plate until the ball is delivered.

Sec. 42. PLAY BALL is the term used by the plate umpire to indicate that play shall begin or be resumed.

Sec. 43. QUICK RETURN PITCH. The quick return pitch is one made by the pitcher with the obvious attempt to catch the batter off balance. This would be before the batter takes his desired position in the batter's box or while he is still off balance as a result of the previous pitch.

Sec. 44. SACRIFICE FLY. A sacrifice fly is scored when with less than two outs the batter scores a runner with a fair fly which is caught.

Sec. 45. STEALING. Stealing is the act of a baserunner attempting to advance during a pitch to the batter.

Sec. 46. STRIKE ZONE.

a. (Fast Pitch). The strike zone is that space over any part of home plate which is between the batter's armpits and the top of his knees when the batter assumes his natural batting stance.

b. (Slow Pitch). The strike zone is that space over any part of home plate which is between the batter's highest shoulder and his knees when the batter assumes his natural stance.

Sec. 47. TIME. Time is the term used by the umpire to order the suspension of play.

Sec. 48. TRIPLE PLAY. A triple play is a continuous action play by the defense in which three offensive players are put out.

Sec. 49. TURN AT BAT. A turn at bat begins when a player first enters the batter's box and continues until he is put out or becomes a baserunner.

Sec. 50. WILD PITCH. (FP only). A wild pitch is a legally delivered ball so high, so low, or so wide of the plate that the catcher cannot or does not stop and control it with ordinary effort.

RULE 2. THE PLAYING FIELD

Sec. 1. THE PLAYING FIELD IS THE AREA WITHIN WHICH THE BALL MAY BE LEGALLY PLAYED AND FIELDED. The playing field shall have a clear and unobstructed area within a radius of 225 feet (Male & Female Fast Pitch), 250 feet (Female Slow Pitch) and 275 feet (Male Slow Pitch) from home plate between the foul lines. Outside the foul lines and between home plate and the backstop there shall be an unobstructed area of not less than 25 feet in width.

Note: (FP only). The pitcher's plate shall have a 16 foot circle drawn from the pitcher's plate, 8 feet in radius.

Sec. 2. GROUND OR SPECIAL RULES ESTABLISHING THE LIMITS OF THE PLAYING FIELD MAY BE AGREED UPON BY LEAGUES OR OPPOSING TEAMS WHENEVER BACKSTOPS, FENCES, STANDS, VEHICLES, SPECTATORS, OR OTHER OBSTRUCTIONS ARE WITHIN THE PRESCRIBED AREA. Any obstruction on fair ground less than 225 feet (Male & Female Fast Pitch), 250 feet (Female Slow Pitch) and 275 feet (Male Slow Pitch) from home plate should be clearly marked for the umpire's information.

Sec. 3. **THE OFFICIAL DIAMOND SHALL HAVE 60 FOOT BASE LINES WITH A PITCHING DISTANCE OF 40 FEET FOR FEMALES AND 46 FEET FOR MALES.**

Sec. 4. **THE LAYOUT OF THE DIAMOND IS SHOWN IN THE ACCOMPANYING DIAGRAM.** To determine the position of home plate draw a line in the direction it is desired to lay the diamond. Drive a stake at the corner of the home plate nearest the catcher. Fasten a cord to this stake and tie knots, or otherwise mark the cord at 46 feet, 60 feet, 84 feet 10¼ inches, and at 120 feet. (See p. 135.)

Place the cord (without stretching) along the direction line and at the 46-foot marker place a stake – this will be the front line at the middle of the pitcher's plate. Along the same line drive a stake at the 84 foot 10¼ inches mark – this will be the center of second base.

Place the 120-foot marker at the center of second base and, taking hold of the cord at the 60-foot marker, walk to the right of the direction line until the cord is taut and drive a stake at the 60-foot marker – this will be the outside corner of first base and the cord will now form the lines to first and second bases. Again holding the cord at the 60-foot marker, walk across the field and in like manner mark the outside corner of third base. Home plate, first and third bases are wholly inside the diamond.

To check the diamond, place the home plate end of the cord at first base stake and the 120-foot marker at third base. The 60-foot marker should now check at home plate and second base.

Check all distances with a steel tape whenever possible.

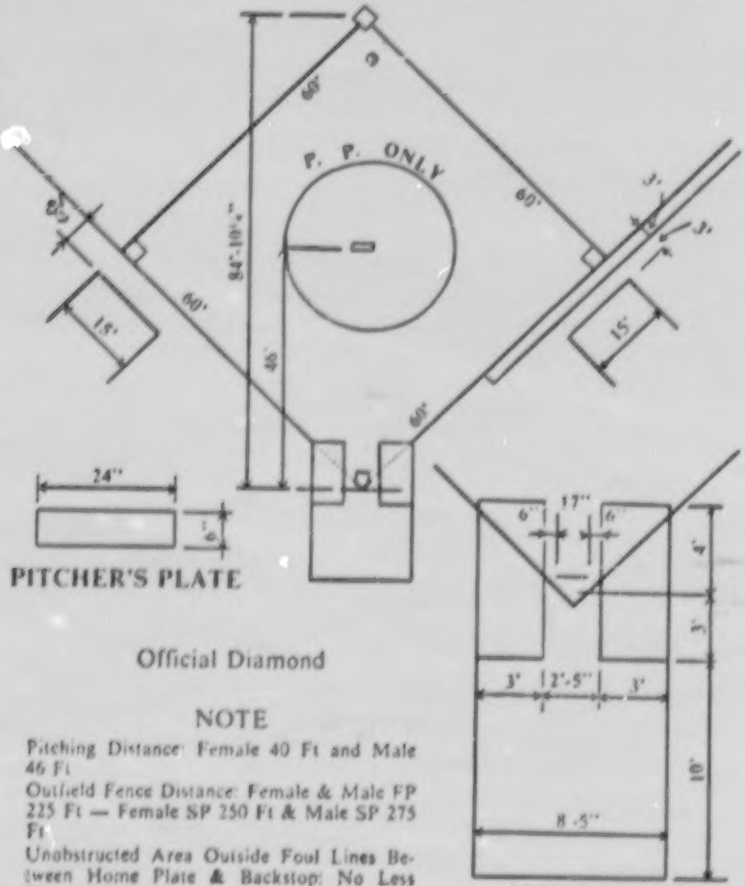
THE THREE-FOOT LINE is drawn parallel to and three feet from the base line starting at a point halfway between home plate and first base.

THE BATTER'S BOX, one on each side of home plate, shall measure three feet by seven feet. The inside lines of the batter's box shall be six inches from home plate. The front line of the box shall be four feet in front of a line drawn through the center of home plate. The lines are considered part of the batter's box.

THE CATCHER'S BOX shall be 10 feet in length from the rear outside corners of the batter's boxes and shall be 8 feet 5 inches wide.

OFFICIAL DIMENSIONS OF SOFTBALL DIAMONDS

Prepared by International Joint Rules Committee on Softball


60'
P. P. ONLY
60'
8½'
3'
3'
84'-10¼"
60'
15'
15'
46'
60'
24"
6"
17"
6"
6"
4'
3'
3'
2'-5"
3'
10'
8'-5"

PITCHER'S PLATE

Official Diamond

HOME PLATE

NOTE

Pitching Distance: Female 40 Ft and Male 46 Ft

Outfield Fence Distance: Female & Male FP 225 Ft — Female SP 250 Ft & Male SP 275 Ft

Unobstructed Area Outside Foul Lines Between Home Plate & Backstop: No Less Than 25 Ft in Width

THE COACH'S BOX IS BEHIND A LINE 15 FEET LONG DRAWN OUTSIDE THE DIAMOND. The line is parallel to and 8 feet from the first and third baseline extended from the bases toward home plate.

RULE 3. EQUIPMENT

Sec. 1. **THE OFFICIAL BAT SHALL BE ROUND, MADE OF ONE PIECE OF HARD WOOD, OR FORMED FROM A BLOCK OF WOOD CONSISTING OF TWO OR MORE PIECES OF WOOD BONDED TOGETHER WITH AN ADHESIVE IN SUCH A WAY THAT THE GRAIN DIRECTION OF ALL PIECES IS ESSENTIALLY PARALLEL TO THE LENGTH OF THE BAT.** Plastic and bamboo are acceptable materials for construction of bats. Any such laminated bat shall contain only wood or adhesive, except for a clear finish. The bat shall be no more than 34 inches long and not more than 2¼ inches in diameter at its largest part. A tolerance of 1/32 inch is permitted to allow for expansion. The bat shall have a safety grip of cork, tape, or composition material. The safety grip shall not be less than 10 inches long and shall not extend more than 15 inches from the small end of the bat. A plastic cap may be attached to the handle end of the bat. It shall not extend more than 2 inches from the top of the bat. The bat shall be marked "OFFICIAL SOFTBALL" by the manufacturer.

The bat may be made of metal and must conform to all above specifications. Unless the bat is made of one piece construction with the barrel end closed there shall be a rubber or vinyl plastic insert firmly secured at the large end of the bat.

Sec. 2. **THE OFFICIAL SOFTBALL SHALL BE A REGULAR, SMOOTH-SEAM CONCEALED STITCH OR FLAT SURFACED BALL, NOT LESS THAN 11⅞ INCHES NOR MORE THAN 12 1/8 INCHES IN CIRCUMFERENCE, AND SHALL WEIGH NOT LESS THAN 6¼ OUNCES NOR MORE THAN 7 OUNCES.** The center of the ball may be made of either #1 quality long fibre kapok or a mixture of cork and rubber, or other materials as approved by the Joint Rules Committee on Softball, hand or machine wound with a fine quality twisted yarn and covered with latex or rubber cement. The cover of the ball shall be the finest quality #1 chrome tanned horse or cow hide, cemented to the ball by application of cement to the under side of the cover and sewed with waxed thread of cotton or linen.

Sec. 3. **THE HOME PLATE SHALL BE MADE OF RUBBER OR OTHER SUITABLE MATERIAL.** It shall be a five-sided figure 17 inches wide across the edge facing the pitcher. The sides shall be parallel to the inside lines of the batter's box and shall be 8½ inches long. The sides of the point facing the catcher shall be 12 inches long.

Sec. 4. **THE PITCHER'S PLATE SHALL BE OF WOOD OR RUBBER, 24 INCHES LONG AND 6 INCHES WIDE.** The top of the plate shall be level with the ground and the front line of the plate shall be 46 feet from the outside corner of home plate and 40 feet for women.

Sec. 5. **THE BASES, OTHER THAN HOME PLATE, SHALL BE 15 INCHES SQUARE AND SHALL BE MADE OF CANVAS OR OTHER SUITABLE MATERIAL AND NO MORE THAN 5 INCHES IN THICKNESS.** The bases should be securely fastened in position.

Sec. 6. **GLOVES MAY BE WORN BY ANY PLAYER, BUT MITTS MAY BE USED ONLY BY THE CATCHER AND FIRST BASEMAN.** No top lacing, webbing, or other device between the thumb and body of a glove or mitt worn by a first-baseman or other fielder shall be more than four inches in length. The pitcher's glove shall be of one color other than white or grey. Multicolor gloves are acceptable for all other players. Gloves with white or grey circles on the outside giving the appearance of a ball are illegal for all players.

Sec. 7. **A SHOE SHALL BE CONSIDERED OFFICIAL IF IT IS MADE WITH EITHER CANVAS OR LEATHER UPPERS OR SIMILAR MATERIALS.** The soles may be either smooth or with soft or hard rubber cleats. Ordinary metal sole and heel plates may be used if the spikes on the plates do not extend more than ¾ inch from the sole or heel of the shoe. Shoes with rounded metal spikes are illegal.

Sec. 8. **MASKS MUST BE WORN BY CATCHERS, AND WOMEN CATCHERS MUST WEAR BOTH MASKS AND BODY PROTECTORS.** As a precaution against injuries and infection, it is recommended that women players wear knickers or full length trousers.

Sec. 9. **NO EQUIPMENT SHALL BE LEFT LYING ON THE FIELD, EITHER IN FAIR OR FOUL TERRITORY.**

Sec. 10. **UNIFORM.** All players on a team shall wear uniforms identical in color, trim and style. Ball caps are considered part of the uniform and are required for male players. Any part of an undershirt exposed to view shall be of a uniform solid color for all players of a team and if worn by more than 1 player, they shall be identical in color. No player shall wear ragged, frayed or slit sleeves on exposed undershirts or uniform shirt.

RULE 4. PLAYERS AND SUBSTITUTES

Sec. 1. **A TEAM SHALL CONSIST OF 9 (FAST PITCH) AND 10 (SLOW PITCH) PLAYERS WHOSE POSITIONS SHALL BE DESIGNATED AS FOLLOWS:** Pitcher, Catcher, First Baseman, Second Baseman, Third Baseman, Shortstop, Left Fielder, Center Fielder, and Right Fielder. In (Slow Pitch), the 10th player shall be designated as a "Short Fielder". Players of the team in the field may be stationed anywhere on fair ground. The pitcher, in delivering the ball to the batter, must be in legal pitching position and the catcher must be in his box

Sec. 2. **A TEAM MUST HAVE 9 (FAST PITCH) OR 10 (SLOW PITCH) PLAYERS TO START OR TO CONTINUE A GAME.**

Sec. 3. **A PLAYER SHALL BE OFFICIALLY IN THE GAME WHEN HIS NAME HAS BEEN ENTERED ON THE OFFICIAL SCORE SHEET OR HAS BEEN ANNOUNCED.** A substitute may take the place of a player whose name is in his team's batting order. The following regulations govern the substitution of players:

a. The captain of the team making the substitution must immediately notify the umpire who will suspend play and announce the change to the spectators.

b. Substitute players will be considered in the game as follows:
   (1) If a batter, when he takes his place in the batter's box.
   (2) If a fielder, when he takes the place of the fielder substituted for.

(3) If a runner, when the substitute replaces him on the base he is holding.
(4) If a pitcher, when he takes his place on the pitcher's plate.

c. Each pitcher whose name has been entered on the score sheet, who has been announced, or who has taken his place on the pitcher's plate, must pitch until the first batter facing him has completed his turn at bat or the side has been retired. Any other player may be removed from the game at any time.

d. Whether announced or unannounced, any play made by or on the substitute player shall be legal.

e. A player removed from the game shall not participate in the game again except as a coach.

f. No player shall take a position in the batter's line of vision or, with deliberate unsportsmanship intent, act in a manner to distract the batter.

EFFECT – Sec. 3f: The offender shall be removed from the game and an illegal pitch shall be declared, even though a pitch may not be released.

RULE 5. THE GAME

Sec. 1. THE CHOICE OF FIRST OR LAST BAT IN THE INNING SHALL BE DECIDED BY A TOSS OF A COIN UNLESS OTHERWISE STATED IN THE RULES OF THE ORGANIZATION UNDER WHICH THE SCHEDULE OF GAMES IS BEING PLAYED.

Sec. 2. THE FITNESS OF THE GROUND FOR A GAME SHALL BE DECIDED SOLELY BY THE PLATE UMPIRE.

Sec. 3. A REGULATION GAME SHALL CONSIST OF SEVEN INNINGS.

a. A full seven innings need not be played if the team second at bat scores more runs in six innings or before the third out in the last of the seventh inning.

b. A game that is tied at the end of seven innings shall be continued by playing additional innings until one side has scored more runs than the other at the end of a complete inning, or until the team second at bat has scored more runs in their half of the inning before the third out is made.

c. A game called by the umpire shall be regulation if five or more complete innings have been played or if the team second at bat has scored more runs than the other team has scored in five or more innings. The umpire is empowered to call a game at any time because of darkness, rain, fire, panic or other cause which puts the patrons or players in peril.

d. A regulation tie game shall be declared if the score is equal when the game is called at the end of five or more completed innings, or if the team second at bat has equaled the score of the first team at bat in the incomplete inning.

e. These provisions do not apply to any acts on the part of players or spectators which might call for forfeiture of the game. The umpire may forfeit the game if attacked physically by any team member or spectator.

f. A forfeited game shall be declared by the umpire in favor of the team not at fault in the following cases:

(1) If a team fails to appear upon the field, or being upon the field, refuses to begin a game for which it is scheduled or assigned at the time scheduled or within the time set for forfeitures by the organization in which the team is playing.

(2) If, after the game has begun, one side refuses to continue to play, unless the game has been suspended or terminated by the umpire.

(3) If, after play has been suspended by the umpire, one side fails to resume playing within two minutes after the umpire has called "play."

(4) If a team employs tactics palpably designed to delay or to hasten the game.

(5) If, after warning by the umpire, any one of the rules of the game is willfully violated.

(6) If the order for the removal of a player is not obeyed within one minute.

(7) If, because of the removal of the players from the game by the umpire or for any cause, there are less than 9 (Fast Pitch) or 10 (Slow Pitch) players on either team.

Sec. 4. **THE WINNER OF THE GAME SHALL BE THE TEAM THAT SCORES THE MOST RUNS IN A REGULATION GAME.**

a. The score of a called regulation game shall be the score at the end of the last complete inning unless the team second at bat has scored more runs than the first team at bat in the incomplete inning. In this case, the score shall be that of the incomplete inning.

b. The score of a regulation tie game shall be the tie score when the game was terminated. A regulation tie game shall be replayed from the beginning.

c. The score of a forfeited game shall be: 7-0 in favor of the team not at fault.

Sec. 5. **ONE RUN SHALL BE SCORED EACH TIME A BASERUNNER LEGALLY TOUCHES FIRST, SECOND, THIRD BASES AND HOME PLATE BEFORE THE THIRD OUT OF THE INNING.**

Sec. 6. **A RUN SHALL NOT BE SCORED IF THE THIRD OUT OF THE INNING IS A RESULT OF:**

a. The batter being put out before legally touching first base.

b. A baserunner being forced out due to the batter becoming a baserunner.

c. (Fast Pitch). A baserunner leaving base before the pitcher releases the ball to the batter.
(Slow Pitch). A baserunner leaving base before the pitched ball reaches home plate.

Sec. 7. **NO SUCCEEDING RUNNER SHALL SCORE A RUN IF A PRECEDING RUNNER HAS BEEN DECLARED THE THIRD OUT OF THE INNING FOR FAILING TO TOUCH ONE OF THE BASES.**

Sec. 8. **A BASERUNNER SHALL NOT SCORE A RUN AHEAD OF THE BASERUNNER PRECEDING HIM IN THE BATTING ORDER IF THE PRECEDING RUNNER HAS NOT BEEN PUT OUT.**

RULE 6. PITCHING REGULATIONS (FAST PITCH)

Sec. 1. **THE PITCHER SHALL TAKE A POSITION WITH BOTH FEET FIRMLY ON THE GROUND AND IN CONTACT WITH, BUT NOT OFF THE SIDE OF, THE PITCHER'S PLATE.**

a. Preliminary to pitching the pitcher must come to a full and complete stop facing the batter with both shoulders in line with first and third base, and with the ball held in both hands in front of the body.

b. This position must be maintained at least one second and not more than 20 seconds before taking one hand off the ball to start the delivery.

c. The pitcher shall not be considered in pitching position unless the catcher is in position to receive the pitch.

d. The pitcher may not take the pitching position on or near the pitcher's plate without having the ball in his possession.

Sec. 2. **THE PITCH STARTS WHEN ONE HAND IS TAKEN OFF THE BALL.** In the act of delivering the ball, the pitcher shall not take more than one step which must be forward, toward the batter, and simultaneous with the delivery of the ball to the batter. The pivot foot must remain in contact with the pitcher's plate until the ball has been released.

Sec. 3. **A LEGAL DELIVERY SHALL BE A BALL WHICH IS DELIVERED TO THE BATTER WITH AN UNDERHAND MOTION.**

a. The release of the ball and the follow through of the hand and wrist must be forward past the straight line of the body.

b. The hand shall be below the hip and the wrist not farther from the body than the elbow.

c. The pitch is completed with a step toward the batter.

d. The catcher must be within the outside lines of the catcher's box when the pitch is released.

e. The catcher shall return the ball directly to the pitcher after each pitch except after a strike out, foul ball, or putout made by the catcher. The pitcher has twenty seconds to release the next pitch. EXCEPTION – Sec. 3e does not apply with runners on base.

EFFECT – Sec. 3e – An additional "ball" is awarded the batter.

Sec. 4. **THE PITCHER MAY USE ANY WIND-UP DESIRED PROVIDING**

a. He does not make any motion to pitch without immediately delivering the ball to the batter.

b. He does not use a rocker action in which, after having the ball in both hands in pitching position, he removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.

c. He does not use a wind-up in which there is a stop or reversal of the forward motion.

d. He does not make more than one revolution of the arm in the windmill pitch. A pitcher may drop his arm to the side and to the rear before starting the windmill motion.

e. He does not continue to wind-up after taking the forward step which is simultaneous with the release of the ball.

Sec. 5. **THE PITCHER SHALL NOT DELIBERATELY DROP, ROLL, OR BOUNCE THE BALL WHILE IN PITCHING POSITION IN ORDER TO PREVENT THE BATTER FROM STRIKING IT.**

Sec. 6. **THE PITCHER SHALL NOT AT ANY TIME DURING THE GAME BE ALLOWED TO USE TAPE OR OTHER SUBSTANCE UPON THE BALL, THE PITCHING HAND OR FINGERS.** Under the supervision and control of the umpire powdered resin may be used to dry the hands. The pitcher shall not wear a sweatband, bracelet, or similar type item on the wrist or forearm of the pitching arm.

EFFECT — Sec. 1-6: Any infraction of Sections 1 thru 6 is an illegal pitch with the exception of Section 3e which is covered separately. The ball is dead. A ball is called on the batter. Baserunners are entitled to advance one base without liability to be put out. Exception — if the pitcher completes the delivery of the ball to the batter and the batsman hits the ball and reaches first base safely and all baserunners advance at least one base then the play stands and the illegal pitch is nullified. A delayed dead ball will be signified by the umpire by extending his left arm horizontally.

Sec. 7. **NO PITCH SHALL BE DECLARED WHEN:**

a. The pitcher pitches during the suspension of play.

b. The pitcher attempts a quick return of the ball before the batter has taken position or is off balance as a result of a previous pitch.

c. The runner is called out for leaving the base too soon.

d. The pitcher pitches before a baserunner has retouched his base after a foul ball has been declared and the ball is dead.

EFFECT — The ball is dead and all subsequent action on the pitch is cancelled.

Sec. 8. **AT THE BEGINNING OF EACH INNING OR WHEN A PITCHER RELIEVES ANOTHER, NO MORE THAN ONE MINUTE MAY BE USED TO DELIVER NO MORE THAN FIVE BALLS TO THE CATCHER OR OTHER TEAMMATE.** Play shall be suspended during this time.

For excessive warm-up pitches a pitcher shall be penalized by awarding a ball to the batter for each pitch in excess of five.

Sec. 9. **IF THE BALL SLIPS FROM THE PITCHER'S HAND DURING HIS WINDUP OR DURING THE BACKSWING, THE BALL WILL BE IN PLAY AND THE RUNNERS MAY ADVANCE AT THEIR OWN RISK.**

Sec. 10. **THE PITCHER SHALL NOT THROW TO A BASE WHILE HIS FOOT IS IN CONTACT WITH THE PITCHER'S PLATE AFTER HE HAS TAKEN THE PITCHING POSITION.**

EFFECT — Sec. 10: Illegal pitch, the ball is dead, a ball is called on the batter and all runners advance one base. If the throw from the pitcher's plate is during an appeal play, the appeal is cancelled.

Sec. 11. **THERE SHALL BE ONLY ONE CONFERENCE BETWEEN THE MANAGER OR OTHER TEAM REPRESENTATIVE FROM THE DUGOUT WITH EACH AND EVERY PITCHER IN AN INNING.** The second conference shall result in the removal of the pitcher from the pitching position for the remainder of the game.

RULE 6. PITCHING REGULATIONS (SLOW PITCH)

Sec. 1. **THE PITCHER SHALL TAKE A POSITION WITH A FOOT FIRMLY ON THE GROUND AND IN CONTACT WITH, BUT NOT OFF THE SIDE OF, THE PITCHER'S PLATE.** His arm must come to a rest holding the ball in front of his body, with a pivot foot in contact with the pitcher's plate. This position shall be maintained at least one second and not more than twenty seconds before starting the delivery. He must then deliver the ball toward home plate on the first forward swing of the pitching arm past the hip. There shall be no stop or reversal of the forward motion.

Sec. 2. **THE PIVOT FOOT MUST REMAIN IN CONTACT WITH THE PITCHER'S PLATE UNTIL THE PITCHED BALL LEAVES THE HAND.** There is no restriction on position or movement of the free foot except that if a step is taken, the step must be made simultaneously with the release of the ball and toward home plate. After the pitcher releases the pitched ball, there are no restrictions on his movements.

Sec. 3. **THE BALL MUST BE DELIVERED AT A MODERATE SPEED UNDERHAND – BELOW THE HIP – WITH A PERCEPTIBLE ARCH (FROM THE TIME IT LEAVES THE PITCHER'S HAND) OF AT LEAST THREE FEET, BEFORE THE BALL REACHES HOME PLATE.** The pitched ball should not reach a height of more than ten feet at its highest point above the ground. Speed of the pitch and height are left entirely to judgment of the umpire.

EFFECT – Sec. 3: The umpire shall warn a pitcher who delivers a pitch with excessive speed. If the pitcher repeats such fast pitch after warning he shall be removed from the pitcher's position for the remainder of the game.

Sec. 4. **AT NO TIME DURING THE PROGRESS OF THE GAME SHALL THE PITCHER BE ALLOWED TO USE TAPE, OR OTHER SUBSTANCE, UPON THE PITCHING HAND OR FINGERS; NOR SHALL ANY FOREIGN SUBSTANCE BE APPLIED TO THE BALL, PROVIDED THAT, UNDER THE SUPERVISION AND CONTROL OF THE UMPIRE, POWDERED RESIN MAY BE USED TO DRY THE HANDS.** The pitcher shall not wear a sweatband, bracelet, or similar type item on the wrist or forearm of the pitching arm.

Sec. 5. **THE CATCHER MUST BE IN AND REMAIN WITHIN THE BOUNDARIES OF THE CATCHER'S BOX UNTIL EACH PITCH IS RELEASED.**

Sec. 6. **THE CATCHER MUST RETURN EACH PITCH NOT HIT DIRECTLY TO THE PITCHER. THE PITCHER HAS 20 SECONDS TO RELEASE THE NEXT PITCH.**

EFFECT – Sec. 6 – An additional "ball" is awarded to the batter.

Sec. 7. NO PITCH SHALL BE DECLARED WHEN:

a. The pitcher pitches during a suspension of play.

b. The runner is called out for leaving the base too soon.

c. The pitcher makes a quick return pitch.

d. If the ball slips from the pitcher's hand during his windup or during the backswing, it shall not be called a pitch.

EFFECT — The ball is dead and all subsequent action on that pitch is cancelled. A delayed dead ball will be signified by the umpire by extending his left arm horizontally.

Sec. 8. AT THE BEGINNING OF EACH INNING OR WHEN A PITCHER RELIEVES ANOTHER, NO MORE THAN ONE MINUTE MAY BE USED TO DELIVER NOT MORE THAN FIVE BALLS TO THE CATCHER OR OTHER TEAMMATE. Play shall be suspended during this time.

Sec. 9. LEGAL PITCH. A legal pitch is when the pitcher delivers the ball in accordance with this pitching rule. For excessive warm-up pitches a pitcher shall be penalized by awarding a ball to the batter for each pitch in excess of five.

Sec. 10. ILLEGAL PITCH.

a. When a pitcher throws to a base while his foot is in contact with the pitcher's plate.

b. An illegal pitch is when the pitcher delivers the ball not in accordance with the pitching rule.

EFFECT — In each case an illegal pitch shall be declared a ball by the umpire; the ball is dead until put in play again at the pitcher's box, provided, however, that if the batsman strikes at any illegal pitch it shall be a strike, and there shall be no penalty for such an illegal pitch. The ball shall remain in play if hit by the batsman. If an illegal pitch is called during an appeal play, the appeal is cancelled.

Sec. 11. THERE SHALL BE ONLY ONE CONFERENCE BETWEEN THE MANAGER OR OTHER TEAM REPRESENTATIVE FROM THE DUGOUT WITH EACH AND EVERY PITCHER IN AN INNING. The second conference shall result in the removal of the pitcher from the pitching position for the remainder of the game.

RULE 7. BATTING

Sec. 1. THE BATTER SHALL TAKE HIS POSITION WITHIN THE LINES OF THE BATTER'S BOX.

a. The batter shall not have either one or both feet touching the ground completely outside the lines of the batter's box or touching home plate when the ball is hit.

b. The batter shall not step directly across in front of the catcher to the other batter's box while the pitcher is in position ready to pitch.

c. The batter shall not hit the ball with an illegal bat.

EFFECT – Sec. 1 a-c: The ball is dead, the batter is out, and baserunners may NOT advance.

d. The batter must take his position within one minute after the umpire has called "play ball."

EFFECT – Sec. 1d – The ball is dead. The batter is out.

Sec. 2. EACH PLAYER OF THE SIDE AT BAT SHALL BECOME A BATTER IN THE ORDER IN WHICH HIS NAME APPEARS ON THE SCORESHEET.

a. The batting order of each team must be on the scoresheet and must be delivered before the game by the manager or captain to the plate umpire. He shall submit it to the inspection of the manager or captain of the opposing team.

EFFECT – Sec. 2a – The umpire shall declare a forfeit.

b. The batting order delivered to the umpire must be followed throughout the game unless a player is substituted for another. When this occurs the substitute must take the place of the removed player in the batting order.

c. The first batter in each inning shall be the batter whose name follows that of the last player who completed a turn at bat in the preceding inning.

EFFECT – Sec. 2 b-c: Batting out of order is an appeal play.

(1) If the error is discovered while the incorrect batter is at bat, correct batter may take his place, assume any balls and strikes, and any runs scored or bases run while the incorrect batter was at bat shall be legal.

(2) If the error is discovered after the incorrect batter has completed his turn at bat and before there has been a pitch to another batter, the player who should have

batted is out. Any advance or score made because of a ball batted by the improper batter or because of the improper batter's advance to first base on a hit, an error, a base on balls, or a hit batter shall be nullified. The next batter is the player whose name follows that of the player called out for failing to bat. If the batter declared out under these circumstances is the third out, the correct batter in the next inning shall be the player who would have come to bat had the players been put out by ordinary play.

(3) The error if discovered after the first pitch to the next batter, the term at bat of the incorrect batter is legal, all runs scored and bases run are legal, and the next batter in order shall be the one whose name follows that of the incorrect batter. No one is called out for failure to bat. Players who have not batted and who have not been called out have lost their turn at bat until reached again in the regular order.

d. When the third out in an inning is made before the batter has completed his turn at bat, he shall be the first batter in the next inning, and the ball and strike count on him shall be cancelled.

Sec. 3. **THE BATTER SHALL NOT HINDER THE CATCHER FROM FIELDING OR THROWING THE BALL BY STEPPING OUT OF THE BATTER'S BOX, OR INTENTIONALLY HINDER THE CATCHER WHILE STANDING WITHIN THE BATTER'S BOX.**

EFFECT – Sec. 3 – The ball is dead and baserunners must return to the last base that in the judgment of the umpire was touched at the time of the interference. The batter is out except:

(1) (FP only). If a baserunner attempting to steal is put out, the batter is not also out.

(2) With less than two outs and a runner on third base and the batter interferes with a play being made at home plate, the batter is not out because the runner is out.

Sec. 4. **MEMBERS OF THE TEAM AT BAT SHALL NOT INTERFERE WITH A PLAYER ATTEMPTING TO FIELD A FOUL FLY BALL.**

EFFECT – Sec. 4 – The ball is dead and the batter is out, and baserunners must return to the base legally held at the time of the pitch.

Sec. 5. THE BATTER SHALL NOT HIT A FAIR BALL WITH THE BAT A SECOND TIME IN FAIR TERRITORY.

Note: If the batter drops the bat and the ball rolls against the bat in fair territory and, in the umpire's judgment, there was no intention to interfere with the course of the ball, the batter is not out and the ball is alive and in play.

EFFECT – Sec. 5 – The ball is dead, the batter is out, and baserunners may not advance.

Sec. 6. A STRIKE IS CALLED BY THE UMPIRE:

a. (Fast Pitch). For each legally pitched ball entering the strike zone before touching the ground and at which the batter does not swing.

b. (Fast Pitch). For each legally pitched ball struck at and missed by the batter.

EFFECT – Sec. 6a-b (FP) The ball is in play and the baserunners may advance with liability to be put out. The batter is out if:

(1) The catcher does not drop the third strike.

(2) First base is occupied with less than two out.

a. (Slow Pitch). For each legally pitched ball entering the strike zone before touching the ground and at which the batter does not swing. It is not a strike if the pitched ball touches home plate and is not swung at.

b. (Slow Pitch). For each pitched ball struck at and missed by the batter.

EFFECT – Sec. 6a-b (SP) The ball is dead.

c. For each foul tip held by the catcher.

EFFECT – Sec. 6c (Fast Pitch). The ball is in play and baserunners may advance with liability to be put out. The batter is out if it is the third strike.

EFFECT – Sec. 6c (Slow Pitch). The batter is out if it is the third strike. The ball is dead on any strike.

d. For each foul ball not legally caught on the fly when the batter has less than two strikes.

e. For each pitched ball struck at and missed which touches any part of the batter.

f. When any part of the batter's person is hit with his own batted ball when he is in the batter's box.

g. A delivered ball by the pitcher that hits the batsman in the strike zone.

EFFECT — Sec. 6. d-g: The ball is dead and baserunners must return to their bases without liability to be put out.

Sec. 7. A BALL IS CALLED BY THE UMPIRE.

a. For each pitched ball which does not enter the strike zone or touches the ground before reaching home plate or touches home plate and which is not struck at by the batter.

EFFECT — Sec. 7a. (Fast Pitch). The ball is in play and baserunners are entitled to advance with liability to be put out.

EFFECT — Sec. 7a. (Slow Pitch). The ball is dead. Baserunners may not advance.

b. For each illegally pitched ball.

EFFECT — Sec. 7b. (Fast Pitch). The ball is dead and baserunners are entitled to advance one base without liability to be put out.

EFFECT — Sec. 7b. (Slow Pitch). The ball is dead. Baserunners may not advance.

c. (SP only). When a delivered ball by the pitcher hits the batsman outside of strike zone.

EFFECT — Sec. 7c. The ball is dead. Baserunners may not advance.

Sec. 8. A FAIR BALL IS A LEGALLY BATTED BALL WHICH:

a. Settles or is touched on fair ground between home and first base or between home and third base.

b. Bounds past first or third base on or over fair ground.

c. Touches first, second, or third base.

d. While on or over fair ground touches the person or clothing of an umpire or player.

e. First falls on fair ground beyond first or third base. A fair fly must be judged according to the relative position of the ball and the foul line regardless of whether the fielder is on fair or foul ground at the time he touches the ball.

EFFECT — Sec. 8. a-e: The ball is in play and baserunners are entitled to advance any number of bases with liability to be put out. The batter becomes a baserunner unless the infield fly rule applies.

f. While on or over fair ground, lands behind a fence or into a stand a distance of more than 225 feet (Male & Female Fast Pitch), 250 feet (Female Slow Pitch) or 275 feet (Male Slow pitch) from home plate. This is considered a home run. If the distance is less than 225 feet (Male & Female Fast Pitch), or 250 feet (Female Slow Pitch) or 275 feet (Male Slow Pitch) from home plate, it is a two base hit.

Sec. 9. A FOUL BALL IS A LEGALLY BATTED BALL WHICH:

a. Settles on foul ground between home and first base or between home and third base.
b. Bounds past first or third base on or over foul ground.
c. First touches on foul ground beyond first or third base.
d. While on or over foul ground touches the person or clothing of an umpire, player, or is blocked.

EFFECT – Sec. 9. a-d: (1) The ball is dead unless it is a legally caught foul fly. If a foul fly is caught the batter is out. (2) A strike is called on the batter unless he already had two strikes. (3) Baserunners must return to their bases without liability to be put out unless a foul fly is caught. In this case, the baserunner may advance with liability to be put out after the ball has been touched.

Sec. 10. A FOUL TIP IS A BATTED BALL WHICH GOES DIRECTLY FROM THE BAT, NOT HIGHER THAN THE BATTER'S HEAD, TO THE CATCHER'S HANDS AND IS LEGALLY CAUGHT BY THE CATCHER.

EFFECT – Sec. 10 (Fast Pitch) – A strike is called, the ball remains in play and baserunners may advance with liability to be put out.

EFFECT – Sec. 10 (Slow Pitch) – A strike is called, the ball is dead.

Sec. 11. THE BATTER IS OUT UNDER THE FOLLOWING CIRCUMSTANCES:

a. When the third strike is struck at and missed and touches any part of the batter's person.
b. When a batter appears in the batter's box with, or is discovered using an altered bat.
c. When a fly ball is legally caught.
d. Immediately when he hits an infield fly with baserunners on first and second or on first, second and third with less than two out. This is called the infield fly rule.

e. Batter is out if fielder intentionally drops a fair fly or line drive with first, first and second, first and third, or first, second and third occupied before two are out. Runners need not retouch and may advance at their own risk.

NOTE: A trapped ball shall not be considered as having been intentionally dropped.

f. The batter-runner is out if a preceding runner shall, in the umpire's judgment, intentionally interfere with a fielder who is attempting to catch a throw ball or to throw a ball in an attempt to complete the play. The runner shall also be called out and interference called.
g. (FP only). When the third strike is caught by the catcher.
h. (FP only). When he has three strikes if there are less than two outs and first base is occupied.
i. (FP only). When he bunts foul after the second strike.
j. (SP only). When a third strike is called.
k. (SP only). When he bunts or chops the ball downward.

Sec. 12. **THE BATTER IS NOT OUT IF A FIELDER MAKING A PLAY ON HIM USES AN ILLEGAL GLOVE.** The manager of the offended team has the option of having the batter bat over and assuming the ball and strike count he had prior to the pitch he hit, or taking the result of the play.

RULE 8. BASERUNNING

Sec. 1. **THE BASERUNNERS MUST TOUCH BASES IN LEGAL ORDER, i.e., FIRST, SECOND, THIRD AND HOME PLATE.**

a. When a baserunner must return while the ball is in play, he must touch the bases in reverse order.

EFFECT – The ball is in play and baserunners must return with liability to be put out.

b. When a baserunner acquires the right to a base by touching it before being put out he is entitled to hold the base until he has legally touched the next base in order or is forced to vacate it for a succeeding baserunner.
c. When a baserunner dislodges a base from its proper position neither he nor succeeding runners in the same series of plays are compelled to follow a base unreasonably out of position.

EFFECT — Sec. 1. b-c: The ball is in play and baserunners may advance with liability to be put out.

d. A baserunner shall not run bases in reverse order either to confuse the fielders or to make a travesty of the game.

EFFECT — The ball is dead and the baserunner is out.

e. Two baserunners may not occupy the same base simultaneously.

EFFECT — The runner who first legally occupied the base shall be entitled to it; the other baserunner may be put out by being touched with the ball.

(Exception — If the first runner is awarded the base to which he is returning, because of obstruction, the second runner is also entitled to return one base without liability to be put out.)

f. Failure of a preceding runner to touch a base and who is declared out does not affect the status of a succeeding baserunner who touches bases in proper order. However, if the failure to touch a base in regular order is the third out of the inning, no succeeding runner may score a run.

g. No runner may return to touch a missed base or one he had left illegally, after a following runner has scored. When the ball is dead, no runner may return to touch a missed base or one he has left after he has advanced to and touched a base beyond the missed base or one he has left.

h. No runner may return to touch a missed base or one he had left illegally, once he enters his team area.

Sec. 2. THE BATTER BECOMES A BASERUNNER.

a. As soon as he hits a fair ball.

EFFECT — Sec. 2a — The ball is in play and the batter becomes a baserunner with liability to be put out.

b. (FP only). When the catcher fails to catch the third strike before the ball touches the ground when there are less than two outs and first base is unoccupied, or anytime there are two outs. This is called the third strike rule.

c. When a fair ball strikes the person or clothing of an umpire on foul ground.

EFFECT — Sec. 2b-c — The ball is in play and the batter becomes a baserunner with liability to be put out.

d. When four balls have been called by the umpire.

EFFECT – Sec. 2d (Fast Pitch). The ball is in play unless it has been blocked. The batter is entitled to one base without liability to be put out.

EFFECT – Sec. 2d (Slow Pitch). The ball is dead. Baserunners may not advance unless forced. If the pitcher desires to walk a batter intentionally he may do so by notifying the plate umpire, who shall award the batter first base.

e. When the catcher interferes with or prevents him from striking at a pitched ball.

EFFECT – The ball is dead and not in play and the batter is entitled to one base without liability to be put out unless the batter reaches first base safely and all other runners have advanced at least one base then play continues without reference to the interference.

f. When a fair ball strikes the person or clothing of the umpire or a baserunner on fair ground.

EFFECT – (1) If the ball hits the umpire or baserunner after passing a fielder other than the pitcher or is touched by infielder, including the pitcher, the ball is in play.

(2) If the ball hits the umpire or baserunner after passing a fielder, the ball is dead and the batter is entitled to first base without liability to be put out.

g. (FP only). When a pitched ball not struck at touches any part of the batter's person or clothing while he is in the batter's box. It does not matter if the ball strikes the ground before hitting him.

EFFECT – The ball is dead and the batter is entitled to one base without liability to be put out unless he made no effort to avoid being hit. In this case, the umpire calls either a ball or a strike.

Sec. 3. **BASERUNNERS ARE ENTITLED TO ADVANCE WITH LIABILITY TO BE PUT OUT UNDER THE FOLLOWING CIRCUMSTANCES:**

a. (FP only). When a ball leaves the pitcher's hand on a pitch.
b. When the ball is overthrown into fair or foul territory and is not blocked.
c. When the ball is batted into fair territory and is not blocked.
d. A legally caught fly ball is first touched.

EFFECT – Sec. 3. a-d: The ball is alive and in play.

Sec. 4. A PLAYER FORFEITS HIS EXEMPTION FROM LIABILITY TO GET PUT OUT.

a. If while the ball is in play he fails to touch the base to which he was entitled before attempting to make the next base. If the runner put out is batter-baserunner at first base or any other baserunner forced to advance because the batter became a baserunner, this out is a force-out.

b. If after overrunning first base, the batter-baserunner attempts to continue to second base.

c. If after dislodging the base, the batter-baserunner tries to continue to the next base.

Sec. 5. BASERUNNERS ARE ENTITLED TO ADVANCE WITHOUT LIABILITY TO BE PUT OUT.

a. When forced to vacate a base because the batter was awarded a base on balls.

EFFECT (Fast Pitch). The ball remains in play unless it is blocked. Baserunner affected is entitled to one base and may advance further at his own risk if the ball is in play.

EFFECT (Slow Pitch). The ball is dead.

b. When a fielder obstructs the baserunner from making a base unless the fielder is trying to field a batted ball or has the ball ready to touch the baserunner.

EFFECT – Sec. 5. b: When obstruction occurs, the umpire shall signal, "Obstruction."

(1) If a play is being made on the obstructed runner, or if the batter-runner is obstructed before he touches first base, the ball is dead and all runners shall advance, without liability to be put out, to the bases they would have reached, in the umpire's judgment, if there had been no obstruction. The obstructed runner shall be awarded at least one base beyond the base he had last legally touched before the obstruction. Any preceding runners, forced to advance by the award of bases as the penalty for obstruction, shall advance without liability to be put out.

(2) If no play is being made on the obstructed runner, the play shall proceed until no further action is possible. The umpire shall then call "Time" and impose such penalties, if any, as in his judgment will nullify the act of obstruction.

c. (FP only). When a wild pitch or passed ball goes under, over, through or lodges in the backstop.

EFFECT – Sec. 5. c: The ball is dead. All baserunners are awarded one base only. The batter is awarded 1st base only on the fourth ball.

d. When forced to vacate a base because the batter was awarded a base.

(1) (FP only). For being hit by a pitched ball.

(2) For being interfered with by the catcher when striking at a pitched ball.

EFFECT – The ball is dead and baserunners may not advance farther than the base to which they are entitled.

e. (FP only). When a pitcher makes an illegal pitch.

EFFECT – Sec. 5. e: The ball is dead and baserunners may advance to the base to which they are entitled without liability to be put out.

f. When a fielder contacts or catches a fair batted or thrown ball with his cap, mask, glove or any part of his uniform while it is detached from its proper place on his person.

EFFECT – The baserunners shall be entitled to three bases if a batted ball, or two bases if a thrown ball; and in either case the baserunners may advance further at their own risk. If the illegal catch or touch is made on a fair hit ball which in the opinion of the umpire's judgment would have cleared the field fence in flight, the runner shall be awarded a home run.

g. When the ball is in play and is overthrown into foul territory and is blocked.

EFFECT – Sec. 5. g: In all cases where a thrown ball goes into a stand for spectators or over, through or under any fence surrounding the playing field, or hits any person or object not engaged in the game, or into the players' benches (including bats lying near such benches), whether the ball rebounds into the playing field or not, or remains in the meshes of any wire screen protecting the spectators, each and every baserunner shall be entitled to two bases. When a first throw is made by an infielder, the umpire in awarding such bases shall be governed by the position of each runner at the time the ball was delivered by the pitcher; when the throw is made by an outfielder or is the result of any succeeding play or attempted play, the award shall be governed by the position of each runner and the last base he has touched at the time the final throw was made.

NOTE: If all runners, including the batter-runner, have advanced at least one base when an infielder makes a wild throw on the first play after the pitch, the award shall be governed by the position of the runners when the wild throw was made.

Sec. 6. **THE BASERUNNER'S ADVANCE IS LIMITED**:

a. When a fair-batted fly ball goes over the fence or into the stands it shall entitle the batter to a home run unless it passes out of the grounds or into a stand at a distance less than 225 feet (Male & Female Fast Pitch), 250 feet (Female Slow Pitch) or 275 feet (Male Slow Pitch) from home plate, in which case the batter shall be entitled to two bases only. The batter must touch the bases in regular order. The point at which the fence or stand is less than 225 feet (Male & Female Fast Pitch), 250 feet (Female Slow Pitch) or 275 feet (Male Slow Pitch) from home plate shall be plainly indicated for the umpire's guidance.

b. When a fair ball bounds or rolls into a stand, over, under, or through a fence or other obstruction marking the boundaries of the playing field.

EFFECT – Sec. 6. b: The ball is dead and all baserunners are awarded two bases, from time of pitch.

c. When a legally caught ball in playable territory is carried by the fielder unintentionally into unplayable territory, the ball is dead, the batter is out, and all runners advance one base beyond the base they occupied at the time of the pitch.

Sec. 7. **A BASERUNNER MUST RETURN TO HIS BASE UNDER THE FOLLOWING CIRCUMSTANCES**:

a. When a foul ball is illegally caught and is so declared by the umpire.

b. When an illegally batted ball is declared by the umpire.

c. When a batter or baserunner is called out for interference. Other baserunners shall return to the last base which was in the judgment of the umpire legally touched by him at the time of the interference.

d. (FP only). When there is interference by the plate umpire or his clothing with the catcher's attempt to throw.

e. When any part of the batter's person is touched by a pitched ball swung at and missed.

f. When a batter is hit by a pitched ball.

g. When a foul ball is not caught.

h. If a fair ball strikes the umpire or a baserunner after having passed an infielder, other than the pitcher, or having been touched by an infielder including the pitcher, the ball shall be considered in play. Also if a fair ball strikes an umpire on foul ground, the ball shall be in play.

EFFECT – Sec. 7. a-h: (1) The ball is dead. (2) The baserunners must return to base without liability to be put out except when forced to go to the next base because the batter became a baserunner. (3) No runs shall score unless all bases are occupied. (4) Baserunners need not touch the intervening bases in returning to base but must return promptly. (5) However, they must be allowed sufficient time to return.

i. (SP only). Base Stealing. Under no condition is a runner permitted to steal a base. He may leave his base when a pitched ball has reached or passed home plate.

EFFECT – Sec. 7. i: Baserunners can leave their base when a pitched ball is batted or reaches home plate, but must return to that base immediately after each pitch not hit by the batter, as the catcher is returning the ball to the pitcher.

Sec. 8. **BATTER-BASERUNNERS ARE OUT UNDER THE FOLLOWING CIRCUMSTANCES:**

a. (FP only). When the catcher drops the third strike and he is legally touched with the ball by a fielder before touching first base.

b. (FP only). When the catcher drops the third strike and the ball is held on first base before the batter-runner reaches first base.

c. When after a fair ball is hit, he is legally touched with the ball before he touches first base.

d. When after a fair ball, the ball is held by a fielder touching first base with any part of his person before the batter-baserunner touches first base.

e. When after a fly ball, the ball is caught by a fielder before it touches the ground or any object other than a fielder.

EFFECT – Sec. 8. a-e: The ball is in play and the batter-baserunner is out.

f. When he runs outside the three-foot line and in the opinion of the umpire interferes with the fielder taking the throw at first base. However he may run outside the three-foot line to avoid a fielder attempting to field a batted ball.

EFFECT – The ball is dead and the batter-baserunner is out.

Sec. 9. THE BASERUNNER IS OUT:

a. When in running to any base, he runs more than three feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder.

b. When, while the ball is in play, he is legally touched with the ball in the hand of a fielder while not in contact with a base.

c. When on a force-out a fielder tags him with the ball or holds the ball on the base to which the baserunner is forced to advance before the runner reaches the base.

d. When the baserunner fails to return to touch the base when play is resumed after suspension of play.

e. When a baserunner physically passes a preceding baserunner before that runner has been put out.

EFFECT – Sec. 9. a-e: The ball is in play and the baserunner is out.

f. When the baserunner leaves his base to advance to another base before a caught fly ball has touched a fielder, provided the ball is returned to a fielder and legally held on that base or a fielder legally touches the baserunner before the baserunner returns to his base.

g. When the base runner fails to touch the intervening base or bases in regular or reverse order and the ball is in play and legally held on that base, or the baserunner is legally touched while off base, he missed.

h. When the batter-runner legally overruns first base, attempts to run to second base before returning to first and is legally touched while off base.

EFFECT – Sec. 9. f-h: (1) These are appeal plays and the defensive team loses the privilege of putting the baserunner out if the appeal is not made before the next pitch, legal or illegal. (2) The ball is in play and the baserunner is out. Note: On appeal plays, the appeal must be made before the next pitch, legal or illegal, or before the defensive team has left the field. The defensive team has "left the field" when the pitcher and all infielders have clearly left their normal fielding positions. (3) Baserunners may leave their base on appeal plays when:

(a) (Fast Pitch). The ball leaves the eight foot circle around the pitcher's plate.

(b) (Slow Pitch). The defensive team makes known their intent to appeal and the pitcher steps off the pitcher's plate or throws the ball.

i. When the baserunner interferes with a fielder attempting to field a batted ball or intentionally interferes with a thrown ball. If this interference, in the judgment of the umpire, is an obvious attempt to prevent a double play, the immediate succeeding runner shall also be called out.

j. When a baserunner is struck with a fair ball while off base and before it touches or passes a fielder.

k. When a runner intentionally kicks a ball which an infielder has missed.

l. When with a baserunner on third base, the batter interferes with a play being made at home plate with less than two outs.

m. When in the judgment of the umpire, the coacher touches or holds the runner physically to assist him to return or leave a base. The runner is not out if a play is not being made on him.

n. When the coacher near third base runs in the direction of home plate on or near the baseline while a fielder is attempting to make a play on a batted or thrown ball and thereby draws a throw to home plate. The baserunner nearest to third base shall be declared out.

o. When one or more members of the offensive team stand or collect at or around a base to which a baserunner is advancing thereby confusing the fielders and adding to the difficulty of making the play.

Note — Sec. 9. o: Members of a team include bat boy or any other person authorized to sit on team's bench.

p. When the baserunner runs the bases in reverse order, to confuse the defensive team or to make a farce out of the game. This includes the batter-runner moving back toward home plate to avoid or delay a tag by a fielder.

q. If coacher intentionally interferes with thrown ball.

EFFECT — Sec. 9. i-q: The ball is dead and the baserunner is out. No bases may be run unless necessitated by the batter becoming a baserunner.

r. (Fast Pitch). When the baserunner fails to keep contact with the base to which he is entitled until a legally pitched ball has been released. When a baserunner is legitimately off his base after a pitch or the result of a batter completing his turn at bat, while the pitcher has the ball within an 8 foot radius of the pitcher's plate, he must immediately attempt to advance to the next base or immediately return to his base.
   (1) Failure to immediately proceed to the next base or return to his base, once the pitcher has the ball within the 8 foot radius of the pitcher's plate, shall result in the baserunner being declared out.
   (2) Once the runner returns to a base, for any reason he shall be declared out if he leaves said base unless a play is made on him or another runner; or the pitcher does not have the ball in the 8 foot circle; or the pitcher released the ball to the batter.

s. (SP only). When the baserunner fails to keep contact with the base to which he is entitled, until a legally pitched ball has reached home plate.

EFFECT — Sec. 9r&s: The ball is dead. NO PITCH is declared and the baserunner is out.

Sec. 10. BASERUNNERS ARE NOT OUT UNDER THE FOLLOWING CIRCUMSTANCES:

a. When a baserunner runs behind the fielder and outside the baseline in order to avoid interfering with a fielder attempting to field the ball in the base path.

b. When a baserunner does not run in a direct line to the base providing the fielder in the direct line does not have the ball in his possession.

c. When more than one fielder attempts to field a batted ball and the baserunner comes in contact with the one who, in the umpire's judgment, was not entitled to field the ball.

d. When a baserunner is hit with a fair ball that has passed through an infielder and in the umpire's judgment no other fielder had a chance to play the ball.

e. When a baserunner is touched with a ball not securely held by a fielder.

f. When the defensive team does not request the umpire's decision on an appeal play until after the next pitch.

g. When the batter-runner overruns first base after touching it and returns directly to the base.

h. When the baserunner is not given sufficient time to return to a base, he shall not be called out for being off base before the pitcher releases the ball. He may advance as though he had left the base legally.

i. A runner who has legally started to advance cannot be stopped by the pitcher receiving the ball while on the pitching plate nor by stepping on the plate with the ball in his possession.

j. When a baserunner holds his base until a fly ball touches a fielder and then attempts to advance.

k. When hit by a batted ball when touching their base, unless they intentionally interfere with the ball or a fielder making a play.

l. When a baserunner slides into a base and dislodges it from its proper position, the base is considered to have followed the runner.

EFFECT – Sec. 10. 1: A baserunner having made such a base safely shall not be out for being off that base. He may return to that base without liability to be put out when the base has been replaced. A runner forfeits this exemption if he attempts to advance beyond the dislodge base before it is again in proper position.

m. When a fielder makes a play on a runner while using an illegal glove. The manager of the offended team has the option of having the entire play, including the batter's turn at bat, nullified, with the batter batting over, assuming the ball and strike count he had before he hit the ball and runners returned to their original bases which they held prior to the batted ball or taking the result of the play.

RULE 9. DEAD BALL - BALL IN PLAY

Sec. 1. THE BALL IS DEAD AND NOT IN PLAY IN THE FOLLOWING CIRCUMSTANCES:

a. When the ball is batted illegally.

b. When the batter steps from one box to another when the pitcher is ready to pitch.

c. When a ball is pitched illegally.

EXCEPTION Sec. 1c (Fast Pitch): If the pitcher completes the delivery of the ball to the batter and the batsman hits the ball and reaches first base safely and all baserunners advance at least one base then the play stands and the pitch is no longer illegal.

EXCEPTION Sec. 1c (Slow Pitch): If the batter swings at an illegal pitch, the play stands and the pitch is no longer illegal.

d. When "No Pitch" is declared.
e. When a pitched ball touches any part of the batter's person or clothing whether the ball is struck at or not.
f. When a foul ball is not caught.
g. When a baserunner is called out for leaving the base too soon on a pitched ball.
h. When the offensive team causes an interference.
  (1) When a batter intentionally strikes the ball a second time, strikes it with a thrown bat, or deflects its course in any way while running to first base.
  (2) When an overthrow is intentionally touched by a coach.
  (3) When a fair ball strikes a baserunner or umpire before touching an infielder including the pitcher or before passing an infielder other than the pitcher.
  (4) (FP only). When the batter interferes with the catcher.
  (5) When a member of the offensive team interferes intentionally with a live ball.
  (6) When a runner intentionally kicks a ball which a fielder has missed.
  (7) (FP only). When, with a baserunner on third base, the batter interferes with the play being made at home plate with less than two outs.
i. The ball shall not be playable outside the established limits of the playing field.
j. When an overthrow becomes a blocked ball.
k. In case of interference with batsman or fielder.
l. (SP only). When the batter bunts or chops the pitched ball.
m. (FP only). When a wild pitch or passed ball goes under, over or through the backstop.
n. When time is called by the umpire.
o. When any part of the batter's person is hit with his own batted ball when he is in the batter's box.
p. When a baserunner runs bases in reverse order either to confuse the fielders or to make a travesty of the game.
q. When the batter is hit by a pitched ball.
r. When in the judgment of the umpire, the coacher touches or helps the runner physically to assist him to return or to leave

a base or when the coacher near the third base runs in the direction of home plate on or near the baseline while the fielder is attempting to make a play on a batter or thrown ball and thereby draws a throw to home plate.

s. (FP only). When there is interference by the plate umpire or his clothing with the catcher's attempt to throw.

t. When one or more members of the offensive team stand or collect at or around a base to which a baserunner is advancing, thereby confusing the fielders and adding to the difficulty of making a play.

u. (FP only). When the baserunner fails to keep contact with the base to which he is entitled, until a legally pitched ball has been released.

v. (SP only). When a baserunner fails to keep contact with the base to which he is entitled, until a legally pitched ball has reached home plate.

w. When a play is being made on an obstructed runner or if the batter-runner is obstructed before he touches first base.

x. (SP only). After each strike or ball.

y. When the catcher interferes with the batter's attempt to hit a pitch.
EXCEPTION: The ball remains alive if the batter reaches first base safely and all other runners have advanced at least one base.

z. When a blocked ball is declared.

EFFECT – Sec. 1a-1z: Baserunners cannot advance on a dead ball, unless forced to do so by reason of the batter having reached first base as entitled to.

Sec. 2. THE BALL IS PUT IN PLAY IN THE FOLLOWING CIRCUMSTANCES:

a. At the start of game when the pitcher has the ball while standing in his pitching position and the umpire has called "Play."

b. When the ball becomes dead, it shall be put in play when the pitcher is within eight feet of the pitcher's plate and the umpire calls "Play."

c. When the infield fly rule is enforced.

d. When a thrown ball goes past a fielder and remains in fair territory.

e. When a fair ball strikes an umpire or baserunner on fair ground after passing or touching an infielder.

f. When a fair ball strikes an umpire on foul ground.
g. When the baserunners have reached the bases to which they are entitled when the fielder illegally fields a batted or thrown ball.
h. When a baserunner is called out for passing a preceding runner.
i. When no play is being made on an obstructed runner, the ball shall remain alive until the play is over.
j. When a fair ball is legally batted.
k. When a baserunner must return in reverse order while the ball is in play.
l. When a baserunner acquires the right to a base by touching it before being put out.
m. When a base is dislodged while baserunners are progressing around the bases.
n. When a baserunner runs more than three feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder.
o. When a baserunner is tagged or forced out.
p. When the umpire calls the baserunner out for failure to return to touch the base when play is resumed after a suspension of play.
q. When an appeal play is enforced and involved.
r. When the batter hits the ball.
s. When a live ball strikes a photographer, groundkeeper, policeman, etc., assigned to the game.
t. When a fly ball has been legally caught.
u. When a thrown ball goes into foul territory and is neither blocked nor obstructed.
v. When a thrown ball strikes an umpire or an offensive player.
w. When a thrown ball goes into foul territory and is not blocked.
x. When a thrown ball strikes an umpire.
y. Whenever the ball is not dead as provided in Section 1 of this rule.
z. When a thrown ball strikes a coach.
aa. (FP only). When a ball has been called on the batter and when four balls have been called but the batter may not be put out before he reaches first base.
ab. (FP only). When a strike has been called on the batter and when three strikes have been called on the batter.

ac. (FP only). When a foul tip has been legally caught.
ad. (SP only) As long as there is a play as a result of the hit by the batter. This includes a subsequent appeal play.

Sec. 3. (SP only). **THE BALL REMAINS ALIVE UNTIL THE UMPIRE CALLS "TIME" WHICH SHOULD BE DONE WHEN THE BALL IS HELD BY A PLAYER IN THE INFIELD AREA AND IN THE OPINION OF THE UMPIRE, ALL PLAY HAS CEASED.**

RULE 10. UMPIRES

Sec. 1. **POWER AND DUTIES.** The umpires are the representatives of the league or organization by which they have been assigned to a particular game, and as such are authorized and required to enforce each section of these rules. They have the power to order a player, coach, captain or manager to do or omit to do any act which in their judgment is necessary to give force and effect to one or all of these rules and to inflict penalties as herein prescribed. The plate umpire shall have the authority to make decisions on any situations not specifically covered in the rules.

GENERAL INFORMATION FOR UMPIRES

1. The umpires shall not be connected in any way with either team.
2. The umpires should be sure of the date, time, and place for the game, and should arrive at the playing field 20-30 minutes ahead of time, start the game on time and leave the field when the game is over.
3. The umpire shall wear a powder blue shirt, short or long sleeve, plain black umpire shoes and all other paraphernalia such as socks, trousers, cap, belt and ball bag must be dark navy blue. A jacket, if worn, must also be dark navy blue. This does not apply to female umpires. Umpires working the game behind the plate must wear a mask during the game.
4. The umpires should introduce themselves to the captains, managers and scorer.
5. The umpires should inspect the playing field boundaries and equipment and clarify all ground rules to both teams and their coaches.

6. Each umpire shall have the power to make decisions on violations committed any time during playing time or during suspension of play until the game is over.
7. Neither umpire has the authority to set aside or question decisions made by the other within the limits of their respective duties as outlined in these rules.
8. An umpire may consult his associate at any time when requested by a captain or manager. However, the final decision shall rest with the umpire whose exclusive authority it was to make the decision and who requested the opinion of the other.
9. In order to define their respective duties, the umpire judging balls and strikes shall be designated as the "Plate Umpire", the umpire judging base decisions as the "Base Umpire".
10. The plate umpire or base umpire shall have equal authority to
    (a) Call a runner out for leaving a base too soon.
    (b) Call TIME for suspension of play.
    (c) Remove a player, coach, or manager from the game for violation of rules.
    (d) Call all illegal pitches.
11. The umpire shall declare the batsman or baserunner out without waiting for an appeal for such decision in all cases where such player is retired in accordance with these rules.

Note: Unless appealed to, the umpire does not call a player out for having failed to touch base, leaving a base too soon on a fly ball, batting out of order, or making an attempt to go to second after reaching first base, as provided in these rules.

12. Umpires shall not penalize a team for the infraction of a rule when imposing the penalty would be to the advantage of the offending team.

Sec. 2. THE PLATE UMPIRE:

a. He shall take his position back of the catcher. He shall have full charge of and be responsible for the proper conduct of the game.
b. He shall call all balls and strikes.
c. He shall by agreement and in cooperation with the field umpire call plays, hit balls fair or foul, legal or illegal caught balls. On plays which would necessitate the field umpire leaving the infield the plate umpire shall assume the duties normally required of the field umpire.
d. He shall determine and declare whether
    (1) A batter bunts or chops the ball.

(2) A batted ball touches the person or clothing of the batter.
(3) A fly ball is an infield or an outfield fly.

e. He shall render base decisions as indicated in the umpire's manual.
f. He shall determine when a game is forfeited.
g. He shall assume all duties when assigned as a single umpire to a game.

Sec. 3. **THE BASE UMPIRE**:

a. He shall take such positions on the playing field as outlined in the umpire's manual.
b. He shall assist the plate umpire in every way to enforce the rules of the game.

Sec. 4. **RESPONSIBILITIES OF A SINGLE UMPIRE.** If only one umpire is assigned, his duties and jurisdiction shall extend to all points. He shall take a position in any part of the field which in his judgment will best enable him to discharge his duties.

Sec. 5. **CHANGE OF UMPIRES.** Umpires cannot be changed during a game by the consent of the opposing teams unless an umpire is incapacitated by injury or illness.

Sec. 6. **UMPIRE'S JUDGMENT**. There shall be no appeal from any decision of either umpire on the ground that he was not correct in his conclusion as to whether a batted ball was fair or foul, a baserunner safe or out, a pitched ball a strike or ball, or on any play involving accuracy of judgment, and no decision rendered by either umpire shall be reversed except that he be convinced it is in violation of one of these rules. In case the manager or captain of either team does seek a reversal of a decision based solely on a point of rules, the umpire whose decision is in question shall, if in doubt, confer with his associate before taking any action. But under no circumstances shall any player or person other than the manager or the captain of either team have any legal right to protest on any decision and seek its reversal on a claim that it is in conflict with these rules.

Under no circumstances shall either umpire seek to reverse a decision made by his associate, nor shall either umpire criticize or interfere with the duties of his associate unless asked to do so by him.

Sec. 7. SIGNALS.

a. To indicate that play shall begin or be resumed the umpire shall call "PLAY" and at the same time motion the pitcher to deliver the ball.

b. To indicate a strike, the umpire shall raise his right hand upward, indicate the number of strikes by the fingers, at the same time calling "STRIKE" in a clear and decisive voice, followed by calling the number of the strike.

c. To indicate ball, no arm signal is used, The call is "BALL" followed by the number of the ball.

d. To indicate the total count of balls and strikes, the balls are called first.

e. To indicate a foul, the umpire shall call "FOUL BALL" and extend his arm horizontally away from the diamond according to the direction of the ball.

f. To indicate a fair ball, the umpire shall extend his arm toward the center of the diamond using a pumping motion.

g. To indicate a batter or baserunner OUT, the umpire shall raise his right hand upward above the right shoulder with fingers closed.

h. To indicate that a player is SAFE, the umpire shall extend both arms diagonally in front of the body with palms toward the ground.

i. To indicate suspension of play, the umpire shall call "TIME" and at the same time extend both arms above his head. The other umpire shall immediately acknowledge the suspension of play with similar action.

j. A delayed dead ball will be signified by the umpire by extending his left arm horizontally.

k. To indicate a TRAPPED BALL, the umpire shall extend both arms diagonally in front of the body with palms toward the ground.

l. To indicate GROUND RULE DOUBLE, the umpire shall extend his right hand above his head, and indicate with two fingers, the number of bases awarded.

m. To indicate HOME RUN, the umpire shall extend his right hand with closed fingers, above his head and circle arm in clockwise movement.

Sec. 8. SUSPENSION OF PLAY.

a. An umpire may suspend play when in his judgment conditions justify such action.

b. Play shall be suspended whenever the plate umpire leaves his position to brush the plate or to perform other duties not directly connected with the calling of plays.

c. The umpire shall suspend play whenever a batter or pitcher steps out of position for a legitimate reason.

d. An umpire shall not call TIME after the pitcher has started his windup.

e. An umpire shall not call TIME while any play is in progress.

f. In case of injury, TIME shall not be called until all plays in progress have been completed or runners have been held at their bases.

g. Umpires shall not suspend play at the request of players, coaches or managers until all action in progress by either team has been completed.

h. (SP only). When in the opinion of an umpire all immediate play is apparently completed, he should call "TIME".

Sec. 9. VIOLATIONS AND PENALTY.

a. Players, coaches, or managers shall not make disparaging or insulting remarks to or about opposing players, officials or spectators.

b. There shall be *no more* than two coaches for each team to give words of assistance and direction to the members of their team while at bat. One shall be stationed near first base and one near third base, and they must remain in the coacher's box.

c. The penalty for violations by a player is prompt removal of the offender from the game and grounds. For the first offense, coacher or manager may be warned, but for the second offense are removed from the game. The offender shall go directly to the dressing room for the remainder of the game or leave the grounds. Failure to do so will warrant a forfeiture of the game.

RULE 11. PROTESTS

Sec. 1. **PROTESTS SHALL NOT BE RECEIVED OR CONSIDERED IF THEY ARE BASED SOLELY ON A DECISION INVOLVING THE ACCURACY OF JUDGMENT ON THE PART OF AN UMPIRE.** Examples of protests which will not be considered are:

a. Whether a batted ball was fair or foul.
b. Whether a baserunner was safe or out.
c. Whether a pitched ball was a strike or a ball.
d. Whether a pitch was legal or illegal.
e. Whether a baserunner did or did not touch a base.
f. Whether a baserunner left his base too soon on a caught fly ball.
g. Whether a fly ball was or was not caught legally.
h. Whether it was or was not an infield fly.
i. Whether there was or was not an interference.
j. Whether the field is fit to continue or resume play.
k. Whether there is sufficient light to continue play.
l. Any other matter involving only the accuracy of the umpire's judgment.

Sec. 2. **PROTESTS THAT SHALL BE RECEIVED AND CONSIDERED CONCERN MATTERS OF THE FOLLOWING TYPES**:

a. Misinterpretation of a playing rule.
b. Failure of an umpire to apply the correct rule to a given situation.
c. Failure to impose the correct penalty for a given violation.

Sec. 3. **PROTESTS MAY INVOLVE BOTH A MATTER OF JUDGMENT AND THE INTERPRETATION OF A RULE.** An example of a situation of this type follows.

With one out and the runners on second and third bases, the batter flied out, the runner on third tagged up after the catch, the player on second did not. The runner on third crossed the plate before the ball was played at second base for the third out. The umpire did not allow the run to score. The questions as to whether the runners left their bases before the catch and whether the play at second base was made before the player on third crossed the plate are solely matters of judgment and are not protestable. The failure of the umpire to allow the run to score was a misinterpretation of a playing rule and was a proper subject for protest.

Sec. 4. **THE NOTIFICATION OF INTENT TO PROTEST MUST BE MADE IMMEDIATELY BEFORE THE NEXT PITCH.**

a. The manager or acting manager of the protesting team shall immediately notify the Plate Umpire that the game is being continued under protest. The Plate Umpire shall in turn notify the opposing manager and official scorekeeper.

b. All interested parties shall take notice of the conditions surrounding the making of the decision that will aid in the correct determination of the issue.

Note: On appeal plays, the appeal must be made before the next pitch, legal or illegal, or before the defensive team has left the field. The defensive team has "left the field" when the pitcher and all infielders have clearly left their normal fielding positions.

Sec. 5. **THE PROTEST MUST BE FILED WITHIN A REASONABLE TIME.**

a. In the absence of a league or tournament rule fixing the time limit for filing a protest, a protest should be considered if filed within a reasonable time, depending upon the nature of the case and the difficulty of obtaining the information on which to base the protest.

b. Within forty-eight hours after the scheduled time of the contest is generally considered a reasonable time.

Sec. 6. **A FORMAL PROTEST SHOULD CONTAIN THE FOLLOWING INFORMATION.**

a. The date, time and place of the game.

b. The names of the umpires and scorer.

c. The rule and section of the Official Rules or local rules under which the protest is made.

d. The decision and conditions surrounding the making of the decision.

e. All essential facts involved in the matter protested.

Sec. 7. **THE DECISION MADE ON A PROTESTED GAME MAY RESULT IN ONE OF THE FOLLOWING:**

a. The protest is found invalid and the game score stands as played.

b. When a protest is allowed for misinterpretation of a playing rule, the game is replayed from the point at which the incorrect decision was made with the decision corrected.

c. When a protest for ineligibility is allowed, the game shall be forfeited to the offended team.

RULE 12. SCORING

Sec. 1. **THE OFFICIAL SCORER SHALL KEEP RECORDS OF EACH GAME AS OUTLINED IN THE FOLLOWING RULES.** He shall have sole authority to make all decisions involving judgment. For example, it is the scorer's responsibility to determine whether a batter's advance to first base is the result of a hit or an error. However, a scorer shall not make a decision which conflicts with the Official Playing Rules or with an umpire's decision.

Sec. 2. **THE BOX SCORE.**

a. Each player's name and the position or positions he has played shall be listed in the order in which he batted or would have batted unless he is removed or the game ends before his turn at bat.

b. Each player's batting and fielding record must be tabulated.

(1) The first column shall show the number of times at bat by each player, but a time at bat shall not be charged against the player when:

(a) He hits a sacrifice fly that scores a runner.

(b) He is awarded a base on balls.

(c) He is awarded first base because of interference or obstruction.

(d) (FP Only) He hits a sacrifice bunt.

(e) (FP Only) He is hit by a pitched ball.

(2) The second column shall show the number of runs made by each player.

(3) The third column shall show the number of base hits made by each player. A base hit is a batted ball that permits the batter to reach the base safely.

(a) When a batter reaches first base or any succeeding base safely on a fair ball which settles on the ground, clears the fence or strikes the fence before being touched by a fielder.

(b) When a batter reaches first base safely on a fair ball which is hit with such force or such slowness or which takes an unnatural bounce, making it impossible to field with ordinary effort in time to retire the runner.

(c) When a fair ball which has not been touched by a fielder becomes "dead" because of touching the person or clothing of a runner or umpire.

- (d) When the fielder unsuccessfully attempts to retire a preceding runner and in the scorer's judgment, the batter-baserunner would not have been retired at first base by perfect fielding.

(4) The fourth column shall show the number of opponents put out by each player.

- (a) A put-out is credited to a fielder each time he:
  - 1) Catches a fly ball or line drive.
  - 2) Catches a thrown ball wihich retires a batter or baserunner.
  - 3) Touches a base runner with ball when the baserunner is off the base to which he is entitled.
  - 4) Is nearest the ball when a runner is declared out for being struck by a fair ball, or interference with the fielder.
- (b) A put-out is credited to the catcher:
  - 1) When a third strike is called.
  - 2) When the batsman bunts or chops the ball downward.
  - 3) When the batter fails to bat in correct order.
  - 4) When the batter interferes with the catcher.

(5) The fifth column shall show the number of assists made by each player. An assist shall be credited:

- (a) To each player who handles the ball in any series of plays which results in the put-out of the baserunner. Only one assist and no more shall be given to any player who handles the ball in any put-out. A player who has aided in a rundown or other play of the kind shall be credited with both an assist and a put-out.
- (b) To each player who handles or throws the ball in such manner that a put-out would have resulted but for an error of a teammate.
- (c) To each player who, by deflecting a batted ball, aids in a put-out.
- (d) To each player who handles the ball in a play which results in a baserunner being called out for interference or for running out of baseline.

(6) The sixth column shall show the number of errors made by each player. Errors are recorded in the following situations:

- (a) For each player who commits a misplay which prolongs the turn at bat of the batter or life of the present runner.

(b) For the fielder who fails to touch the base after receiving the ball to retire a runner on a force-out or when a baserunner is compelled to return to base.

(c) For the catcher if a batter is awarded first base for interference.

(d) For the fielder who fails to complete a double play because of dropping the ball.

(e) For the fielder, if a base runner advances a base, because of his failure to stop or try to stop, a ball accurately thrown to a base providing there was occasion for the throw. When more than one player could receive the throw, the scorer must determine which player gets the error.

Sec. 3. **A BASE HIT SHALL NOT BE SCORED IN THE FOLLOWING CASES.**

a. When a runner is forced out by a batted ball, or would have been forced out, except for a fielding error.

b. When a player fielding a batted ball retires a preceding runner with ordinary effort.

c. When a fielder fails in an attempt to retire a preceding runner, and in the scorer's judgment, the batter-baserunner could have been retired at first base.

Sec. 4. **A RUN BATTED IN IS A RUN SCORED BECAUSE OF ONE OF THE FOLLOWING REASONS.**

a. A safe hit.

b. A sacrifice bunt or sacrifice fly.

c. A foul fly caught.

d. An infield put-out or fielders choice.

e. A baserunner forced home because of interference, the batter being hit with a pitched ball, or being given a base on balls.

f. A home run and all runs scored as a result.

Sec. 5. **A PITCHER SHALL BE CREDITED WITH A WIN IN THE FOLLOWING SITUATIONS:**

a. When he is the starting pitcher and has pitched at least four innings and his team was not only in the lead when he is replaced but remains in the lead for the remainder of the game.

b. When a game is ended after five innings of play and the starting pitcher has pitched at least three innings and his team scores more runs than the other team when the game is terminated.

Sec. 6. **A PITCHER SHALL BE CHARGED WITH A LOSS REGARDLESS OF THE NUMBER OF INNINGS HE HAS PITCHED IF HE IS REPLACED WHEN HIS TEAM IS BEHIND IN THE SCORE, AND HIS TEAM THEREAFTER FAILS TO TIE THE SCORE OR GAIN THE LEAD.**

Sec. 7. **THE SUMMARY SHALL LIST THE FOLLOWING ITEMS IN THE ORDER:**

(1) The score by innings and the final score.
(2) The runs-batted-in and by whom hit.
(3) Two-base hits and by whom hit.
(4) Three-base hits and by whom hit.
(5) Home runs and by whom hit.
(6) Sacrifice flies and by whom hit.
(7) Double plays and players participating in them.
(8) Triple plays and players participating in them.
(9) Number of bases on balls given by each pitcher.
(10) Number of batters struck out by each pitcher.
(11) Number of hits and runs allowed by each pitcher.
(12) The name of the winning pitcher.
(13) The name of the losing pitcher.
(14) The time of the game.
(15) The names of the umpires and scorers.
(16) (FP only). Stolen bases and by whom.
(17) (FP only). Sacrifice bunts.
(18) (FP only). The names of batters hit by a pitched ball and the name of the pitcher who hit them.
(19) (FP only). The number of wild pitches made by each pitcher.
(20) (FP only). The number of passed balls.

Sec. 8. **(FP ONLY). STOLEN BASES ARE CREDITED TO A BASERUNNER WHENEVER HE ADVANCES ONE BASE UNAIDED BY A HIT, A PUT-OUT, AN ERROR, A FORCE-OUT, A**

FIELDER'S CHOICE, A PASSED BALL, A WILD PITCH, OR AN ILLEGAL PITCH.

Questions concerning rules interpretation should be directed to the Official Rules Interpreter Tom Mason, 1000 S. Gerald Drive, Birchwood Park, Newark, Delaware 19711.

A $1.00 SERVICE CHARGE
MUST ACCOMPANY EACH QUESTION.

SUGGESTED MODIFICATIONS OF THE OFFICIAL SOFTBALL RULES FOR LESS HIGHLY SKILLED OR YOUNG PLAYERS

The following modifications of the official softball rules are presented by the Softball Committee. The modifications are changes in the rules in order to make the game more enjoyable in certain situations. Use the suggested modifications in your classes or games whch will be helpful in making the game situation a better one. The Softball Committee urges everyone to use the official softball rules except where the rules do not apply to the modifications printed here. Explain to your students that these *are not* the official rules, but rules to help them learn to play the game officially!

Rule 1. The Diamond

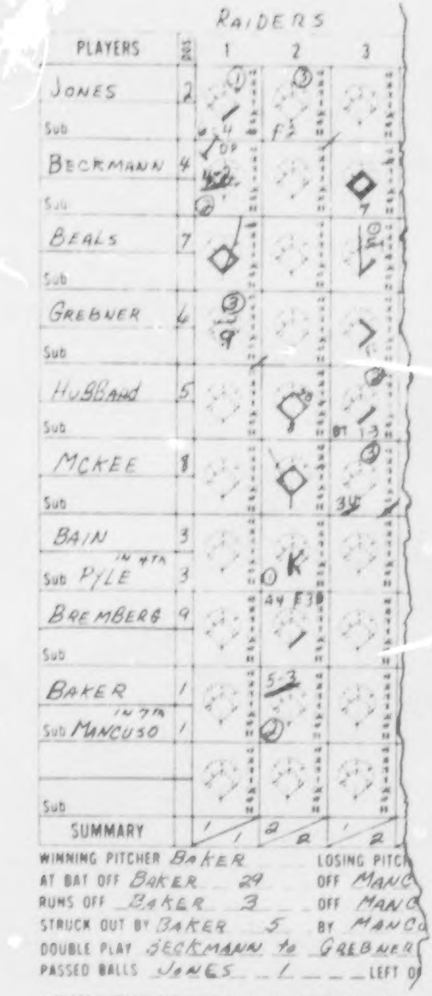
a. Base lines: 45 to 55 feet, depending upon throwing skill of players.
b. Pitching distance: 35 to 37 feet; for the sake of safety, no less than 33 feet.

Rule 2. The Equipment

a. Use regulation size 12-inch softballs, but those which are softer. Girls are often afraid of a new, hard official softball, but enjoy playing with a soft softball. In situations where there are not enough gloves for everyone, a softer ball is desirable. Balls which are larger are difficult for the girls to handle and not recommended for softball.

Rule 3. The Game

a. Players: Use ten players—four outfielders, rather than five infielders.
b. Have easy or slow pitching.
c. Either do not allow base stealing or permit players to steal first, second, or third base(s), but not home base. When possible, teach players to be aggressive and to steal bases, thus making the fielders learn better play. Modification selection may depend a great deal upon ability of the catcher and whether or not there is a backstop.
d. Allow one base on overthrows that go into foul territory. This modification may be used *only* until players have developed good throwing, catching, and base play techniques.
e. Declare batter out on third strike. (Omit third strike rule.)
f. Rule that any infield fly must be caught to be an out. (Omit infield fly rule.)
g. Agree before starting the game to play fewer than seven innings, if time is limited. In some situations there might be only three full innings.



RAIDERS

PLAYERS	POS.
JONES	2
Sub	
BECKMANN	4
Sub	
BEALS	7
Sub	
GREBNER	6
Sub	
HUBBARD	5
Sub	
MCKEE	8
Sub	
BAIN	3
Sub PYLE IN 4TH	3
BREMBERG	9
Sub	
BAKER	1
Sub MANCUSO IN 7TH	1
Sub	
SUMMARY	

WINNING PITCHER BAKER LOSING PITC
AT BAT OFF BAKER 29 OFF MANC
RUNS OFF BAKER 3 OFF MANC
STRUCK OUT BY BAKER 5 BY MANC
DOUBLE PLAY BECKMANN to GREBNER
PASSED BALLS JONES 1 LEFT O

Using the Softball Scoresheet

MARIAN KNEER
Community High School
East Peoria, Illinois

KEY TO SYMBOLS

PLAYERS (Numbers are used.)
- 1—pitcher
- 2—catcher
- 3—first baseman
- 4—second baseman
- 5—third baseman
- 6—shortstop
- 7—left fielder
- 8—center fielder
- 9—right fielder

HITS (Line is drawn through appropriate initials on right of square, and a line is drawn from base to base to indicate progress.)
- HR—home run
- 3B—triple
- 2B—double
- 1B—single
- SAC—sacrifice hit
- HP—hit by pitcher
- BB—walk

KEY TO SYMBOLS (Cont.)

OUTS (Number of each player handling the ball is included, and the number of total outs made in each inning is indicated by a circle within the box— ② .)
4-3 — grounder to second baseman who threw the runner out at first base
___ — ground ball (number of player involved placed above)
∩ — pop-up (number of player is placed underneath)
— — line drive (number of player is placed underneath)
⌒ — fly (number of player is placed underneath)
⌒8 — fly to center fielder
U — unassisted (number of player indicated)
E — error (number of player indicated)
E5F — error by third baseman on a fumble
E5Th — error by third baseman on a bad throw
E5D — error by third baseman on a dropped throw
A — assist (number of player indicated)
OT — overthrew (number of player indicated)
WP — wild pitch
PB — passed ball
K — strike out
Bk — balk
Bt — bunt
SB — stolen base (place by base player stole
DP — double play (a line is connected to both boxes of player involved)

8 — run batted in by the center fielder
f2 — fouled to catcher
FC — fielder's choice
F — fumble
f — foul ball
/ — end of inning

EXPLANATION OF SAMPLE SCORESHEET

FIRST INNING

Jones was walked (BB). Beckmann hit a grounder to the shortstop (6) who threw out Jones on a double play to the second baseman (4) who tossed out Beckmann at first base (3). (Join Jones' and Beckmann's boxes with a line ⊢—⊣ .) Jones ① and Beckmann ② were out. Beals hit a home run (HR) to the right field fence (note line indicating this). Grebner lined out to the right fielder ([illegible]) ③. 1 run, 1 hit. 1/1

SECOND INNING

Hubbard singled (1B) to left field. McKee (center fielder (1)) doubled (2B) to left field, batting in Hubbard who had stolen second base. Bain struck out (K) ① . Bremberg was safe at first base on an error by the first baseman who dropped the throw from the second baseman (A4 E3D). McKee went to third. Baker (1) grounded out ② to the third baseman who threw to the first baseman (5-3). McKee scored on the play (put a 1 at the base of the field diagram in McKee's box). Jones fouled ③ to the catcher (f2). 2 runs, 2 hits. 2/2

THIRD INNING

Beckmann tripled (3B). Beals batted in Beckmann with a single (1B) to center. Grebner was safe on a fielder's choice when she grounded to the third baseman who threw the ball to second base for a force-out ① on Beals (5-4). Hubbard bunted (Bt) to advance Grebner to second base, and was thrown out ② by the pitcher to first baseman (1-3). McKee grounded out ③ to the first baseman unassisted (3U). 1 run, 2 hits. 1/2

Softball Rules Summary—Ball is Dead, Ball is in Play

Compiled by BETTY ALEXANDER

Situation	*Effect on Batter*	*Effect on Baserunner*	*Rule Reference*
Ball Is Dead			
1. Illegal pitch	Ball is called on batter, unless batter hits ball and reaches first base safely and all baserunners advance at least one base.	Baserunner given one base without liability of being put out.	6:1, Effect 7:7, b 8:5, e
2. No pitch	No action	No action—must return to base occupied at time of pitch.	6:7
3. Batter out of box (illegal batting)	Out	May not advance.	7:1, a, b 8:7, b
4. Batter hindering catcher	Out, unless baserunner tagged out, or interference at home with less than two outs.	Must return to base occupied at time of interference. Runner is out.	7:3 8:7, c 8:9, e
5. Opponents interfering on foul ball	Batter is out	Must return to base occupied at time of interference.	7:4
6. Hitting ball twice or kicking hit ball	Out	May not advance.	7:5
7. Struck-at ball hits batter	Strike called—out if third strike	May not advance.	7:6, e 7:12 8:7, e

	Situation	Effect on Batter	Effect on Baserunner	Rule Reference
8.	Batter hit by own batted ball in batter's box in foul territory	Strike called unless third strike	May not advance.	7:6, f
9.	Foul hit ball not caught	Strike called unless third strike	May not advance.	7:6, d 7:9, Effect
10.	While in foul territory ball hits umpire, player, or other obstacle	Strike called unless third strike	May not advance.	7:9, d
11.	Bunt foul with two strikes	Out	May not advance.	7:11, i
12.	Baserunner intentionally interfering with fielder catching thrown ball or making throw	Out	Out.	7:11, f
13.	Baserunner running bases in reverse order	No effect	Baserunner running in reverse order is out; others may not advance.	8:1, d 8:9, p
14.	Catcher interferes with batter striking at ball	Entitled to 1st base	May not advance unless forced.	8:2, e, Effect 8:5, d (2)
15.	Umpire hit by hit ball before being played by fielder	Entitled to 1st base Ball is in play.	May not advance unless forced.	8:2, f, Effect (2) 8:7, h

16.	Pitched ball hits batter who made an effort to avoid being hit	Entitled to 1st base	May not advance unless forced.	8:2, g 8:7, f
17.	Pitched ball goes over, under, or through backstop	Ball or strike called	Awarded one base.	8:5, c
18.	Overthrow blocked	No effect	Entitled to one base beyond where overthrow occurred—all others same.	8:5, g
19.	Hit ball goes out of field less than 200 ft. from home or rolls out	Gets two bases	Gets two bases—cannot advance farther.	8:6, a, b
20.	Foul ball illegally caught	Strike called unless 3rd	May not advance.	8:7, a
21.	Plate umpire interferes with catcher's throw	No effect	Must return to base occupied.	8:7, d
22.	Batter-baserunner goes outside three ft. line and interferes with throw at 1st	Batter-baserunner out	May not advance.	8:8, f

	Situation	Effect on Batter	Effect on Baserunner	Rule Reference
23.	Baserunner interferes with fielder fielding ball or interferes with a thrown ball	No effect	Baserunner interfering is out; if on double play attempt, baserunner ahead of interference also out. Others may not advance unless forced.	8:9, i
24.	Baserunner struck with fair hit ball before passing a fielder when baserunner is off base	Becomes baserunner – can be put out	Baserunner out. Others may not advance unless forced.	8:9, j 8:7, c 8:2, f, Effect (2)
25.	Runner intentionally kicks ball fielder has missed	Becomes baserunner – can be put out	Baserunner out. Others may not advance unless forced.	8:9, k
26.	Batter interferes with play at home with less than two outs	No effect	Baserunner out. Others may not advance unless forced.	8:9, l
27.	Coach assists runner to stay on base or to leave base	No effect	Baserunner out. Others may not advance unless forced.	8:9, m
28	Coach draws throw home by running along 3rd base line	No effect	Baserunner nearest 3rd out. Others may not advance unless forced.	8:9, n

29.	One or more offensive team members around a base where a play is being made	No effect	Baserunner out. Others may not advance unless forced.	8:9, o
30.	Coach interferes with thrown ball	No effect	Baserunner out. Others may not advance unless forced.	8:9, q
31.	Leaving base too soon on pitch - no pitch	No effect	Baserunner out. Others must return.	8:9, r
Ball Is in Play				
1.	Batter doesn't take position within one min. when called	Batter is out	Ball is dead.	7:1, d
2.	Strike called	Strike on batter	May advance with liability to be put out.	7:6, a, b
3.	Foul tip	Strike on batter	May advance with liability to be put out.	7:6, c 7:10
4.	Ball called	Ball on batter	May advance with liability to be put out.	7:7, a
5.	Fair hit ball	Becomes a baserunner	May advance with liability to be put out.	7:8, a-e
6.	Home run	Awarded a run. Must touch all bases	Advance home. Must touch all bases.	7:8, f
7.	After foul fly legally caught	Batter is out	May advance after ball is caught. May be put out.	7:9, Effect (1)

	Situation	Effect on Batter	Effect on Baserunner	Rule Reference
8.	Bunt–not foul on 3rd strike	Becomes a baserunner	May advance with liability to be put out.	7:8a, d
9.	Infield fly rule in effect	Batter is out	May advance after catch with liability to be put out.	7:11, d
10.	Intentionally dropped fair fly or line drive with 1st; 1st and 2nd; 1st and 3rd; or 1st, 2nd, and 3rd occupied with less than two outs	Batter is out	May advance without tagging up with liability to be put out.	7:11, e
11.	Baserunner must return to a base when the ball is in play–must touch bases in reverse order	No effect	Must return with liability to be put out.	8:1, a
12.	Base becomes dislodged	No effect	May advance with liability to be put out.	8:1, c 8:4, c
13.	Two runners on same base	No effect	Runner there first entitled to base. Other may be put out.	8:1, e
14.	Third strike rule	Becomes a baserunner	May advance with liability to be put out.	8:2, b
15.	Fair hit ball strikes umpire in foul territory	Becomes a baserunner	May advance with liability to be put out.	8:2, c

16.	Four balls	Entitled to 1st base, may advance farther	May advance with liability to be put out. (Unless forced)	8:2, d
17.	Fair hit ball hits umpire or baserunner after passing fielder	Becomes a baserunner	May advance with liability to be put out.	8:2, f
18.	Overthrow not blocked or obstructed	No effect	May advance with liability to be put out.	8:3, b
19.	Ball slips from pitcher's hand on windup or backswing	No effect	May advance with liability to be put out.	6:9
20.	Fielder interferes with runner unless fielding ball or has ball for put-out	No effect	Baserunner interfered with gets base entitled to and may take more. Others may advance with liability to be put out.	8:5, b
21.	Fielder makes illegal catch of hit ball	Entitled to three bases–may take more with liability to be put out	Entitled to three bases–may take more with liability to be put out.	8:5, f
22.	Fielder makes illegal catch of thrown ball	Entitled to two bases–may take more with liability to be put out	Entitled to two bases–may take more with liability to be put out.	8:5, f
23.	When batter-baserunner is out:			
	a. Dropped third strike and played out	Batter-baserunner is out	May advance with liability to be put out.	8:8, a, b

	Situation	Effect on Batter	Effect on Baserunner	Rule Reference
	b. Tagged out before reaching 1st			8:8, c
	c. Fly legally caught		May advance after catch.	8:8, d, e
24.	When baserunner is out: a. More than three ft. out of base line to keep from being tagged	No effect	Baserunner involved is out. Others may advance any number of bases with liability to be put out.	8:9, a
	b. Tagged out			8:9, b
	c. Forced out			8:9, c
	d. Failure to return to base after suspension of play			8:9, d
	e. Passing runner			8:9, e
25.	Appeal plays a. Leaving base too soon on fly ball caught	No effect	Baserunner guilty is out if appeal is made. Others may advance with liability to be put out.	8:9, f
	b. Failure to touch base			8:9, g
	c. Making illegal turn at 1st			8:9, h

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